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S. PANCOAST,

No. 916 Spring Garden St., Philadelphia.

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The healthy couple and their child.

ONANISM.—SPERMATORRHEA.

Porneio-Kalogynomia-Pathology.

BOYHOOD'S PERILS

AND

MANHOOD'S CURSE.

AN EARNEST APPEAL TO THE YOUNG OF AMERICA.

"My honor is my proudest heritage. My chastity 's the jewel of a noble race, descended to me from many ancestors, which it were the greatest obloquy in the world for me to lose."

BY S. PANCOAST, M. D.,

Professor of Microscopic Anatomy, Physiology, and the Institutes of Medicine, in Penn
Medical University, Philadelphia; Author of "An Original Treatise on
the Curability of Consumption," "The Family Guide in
Diseases of the Throat and Chest," &c. &c.

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P R E F A C E.

THE subjects which embrace the theme of this volume, I am free to confess, are of a highly delicate and peculiar nature. Accordingly, it has been my constant study to clothe my thoughts in language that cannot possibly offend the feelings of the most pure and fastidious of those moralists and humanitarians, who would save their fellow-beings from terrors more insidious than the serpent's coil—who would snatch them from utter despair and a most revolting degradation of soul and body, even as “brands are rescued from the terrible burnings.” A *true* morality—a morality that will produce its goodly fruit in generations of virtuous and healthy men and women, does not consist in any attempt to *conceal* the sacred laws of Nature, but rather should lie in efforts to instruct the youth of America, in all those noble truths which will tend to the improvement of their *physical* capacities, and that elevation of *soul*, without which no one can ever become really virtuous, happy, wise, and proudly great. The great *Haller* well remarked, that “there are no secrets in Physiology.” Surely, pristine Nature will never be found ashamed of herself! There is nothing whatever of the prurient and revolting in her simple laws! Indeed, there is a world of philosophy in the maxim, that it is “only the evil who evil think”—*boni soit qui mal y pense*.

Is it not our duty, then, to instruct calmly, admonish gently, but earnestly and faithfully exhibit the terrible consequences of *Self-pollution*? ONANISM, and sexual excesses, therefore, have been dilated upon with particular care. I have thought only of the weal of deluded and erring mortals; while my zealous purpose has been to do all in my power to limit the horrors which have so long impaired the welfare and happiness of human society, as a consequence of this most loathsome and detestable iniquity. The “Book of books” not only vividly portrays the heinousness of the sin of *Er* and *Onan*, but reveals how signal and retributive was the punishment of Jehovah upon their unnatural sins. Parents, guardians, and teachers, therefore, may no longer, through any false notions of delicacy, or any idea of the neces-

sity of concealment and mystification, add to some of the direst curses and most degrading miseries with which poor human nature has so long been and is still so lamentably afflicted. The pretence that any allusion to *solitary vice* may lead innocent youth to a knowledge and practice of it, is utterly fallacious and untenable; for it is an evil against which it is impossible to guard save by *warning and vigilance*. The mock-modesty of many persons who pretend to be horrified at the bare mention of the *probability* of the prevalence of secret pollutions, should no longer outweigh a most *solemn, palpable and incontrovertible fact!* Surely, it were the most wrong-headed of all moral conventionalities—a most wicked hypocrisy: nay, a most *murderous* policy, to allow myriads of fellow-creatures to descend to loathsome tombs, without some vigorous attempt to save the misguided from the dismal paths which “take hold on hell.” At least, a “conscience void of offence,” and a solemn conviction that I am doing a great service to society, will no longer allow me to refrain from the publication of startling *truths*, especially where there is a possibility of showing to the non-professional reader the readiest means of guarding against a host of distressing maladies, which are only entailed through vicious propensities, and the inordinate indulgence of the grossest of sensual proclivities. I would only further remark, that while I would have this work placed by parents in the hands of every child suspected of destructive secret habits, the work is a *medical* book; and, like all others of that character, it is not designed for the centre-table, nor to be loosely thrown about among persons either too young, or too silly and ignorant to understand and profit by the important *truths* that are revealed.

INTRODUCTION.

GENERAL PRELIMINARY REMARKS.

As it is my purpose to treat of the Normal and Abnormal Functions of the Generative Apparatus of the Human Being, in a *Scientific* manner, it will be necessary to give at the outset a brief and clear description of their anatomical and physiological relations in connection with their influence upon the constitution and intellect, so that the simplest mind may fully comprehend how the health may be maintained in pristine vigor, and how all *violations* of Nature's laws, entailing terrible disease and death, may be ameliorated or altogether avoided.

I here, accordingly, premise that the Generative Organs are of most wonderful construction, and most admirably adapted, by their special mechanism, for a most important and essential function, that of the *propagation of the species*, agreeably to the Divine injunction to "*multiply and replenish the earth.*"* In man they consist of a secreting apparatus, which is comparatively simple. In woman they are much more complex. They embrace, in the female, a greater number of objects; because, independent of the immediate agents of that function, the mammæ, or breasts of woman, may be considered as belonging to the organs. Nature, moreover, has given to this sex the depository of the product of conception—the *womb*. Thus the generative organs in woman are more essentially a part of the organization. It is proper to observe further, that the *Urinary* and *Sexual* organs are so closely related to each other, as respects their original development and the *union* of their secretory ducts, that it is necessary to treat them anatomically as one set of apparatus. The urine secreted by the kidneys must pass out by the same channel that is made to carry the fructifying seed of the male into the vagina of the female, and through which the seminal fluid is ejected into the womb, or transmitted to the inner organs of generation and gestation, where, after a period of forty weeks, a human being is perfected and brought into breathing and tangible existence, among the myriads of organized beings or creatures on the face of the earth.

* Genesis, chap. i. v. 28.

I speak plainly, for it is of the highest importance that every man, woman, and child, should possess a satisfactory knowledge of the physiological, anatomical, and morphological relations of the organs which are the seat of the sexual and urinary functions, in order that the best means may be placed in requisition to arrest the spread of disorders which even *now* actually threaten the speedy and total extinction of the human race! I do not, however, mean to imply that this work is for laymen only. The physician will likewise derive essential advantages from its perusal, inasmuch as a full regard has been had to all the demands of modern science, embracing all the psychological, physiological, chemical, and pathologico-anatomical discoveries of the age; combining, with conscious care and sacred duty, my own independent critical judgment and experience, with the knowledge I have thus obtained from the most enlightened sources, in respect to the scientific diagnosis, etiology, and prognosis of the peculiar class of disease of which I at present write. Among other invaluable information, I also present a chemical analysis of healthy urine, and a microscopic account of spermatorrhea, which play such an important part in the functions of propagation of the human species.

This book will be found accordingly divided into two PARTS. The first part will treat of the *Normal* or Natural Functions; and the second of the *Abnormal* Functions, or those conditions which spring from some violation of Nature's laws—together with the presentation of those general hints which may serve to the mitigation and eradication of unnatural and distressing disorders of whatever kind.

PROGRAMME OF MEDICAL PRINCIPLES.



THE LAW OF LIFE.



THE VIS MEDICATRIX NATURÆ OF THE HUMAN ORGANISM.

THE *Vis Medicatrix*, or the vital force, or natural law of life, has never been satisfactorily explained. Physiologists widely differ as to its origin, nature, and influence on the physical frame. I have, for several years, believed in the recuperative efforts of the system in overcoming disease, and preventing its occurrence. Physicians are aware that the greater the debility, the greater the irritability; which irritability causes the system to be much more liable to disease, particularly those of an infectious nature.

To make myself more clearly understood, we will suppose two persons visiting a miasmatic section of country: one possessed of a strong and vigorous constitution, with little or no irritability; and the other much debilitated, with excessive irritability. The first, by ordinary prudence, and keeping up his system to its normal standard, may remain in such affected location with perfect impunity; while the other will rapidly succumb to the miasmatic influences, by reason of his depressed vital condition, and therefore greater susceptibility to increased functional disorders.

This debility is caused by a diminution of the vital force of the animal economy. This force I call the *generative and sustaining principle*, or *Promethean fire*, of the entire animal kingdom—man being the ultimate of creation, and embracing, in his composition, every element or ingredient which is contained in the various animal, vegetable, mineral, and other elements that make up the universal creation. It is this generative or sustaining force that becomes first impaired or influenced by exciting or abnormal causes, before we have those symptoms or manifestations pathologically regarded as disease. As a matter of course, the vital force must be restored before health can again exist. Nature being her own therapeutic, directs her recuperative efforts to

restore the fire to the furnace of the system. If this vital spark cannot be rekindled, the machinery of the organism will cease to work; decomposition will ensue; while the elements entering into our physical structure will return to their original or inorganic condition or *status*. We see this principle beautifully exemplified in a grain of corn or wheat. So long as the *vitality* of the grain is sustained, it will germinate, providing conditions favorable for germination exist. A grain may be preserved in its fructifying principle for many thousand years. Grains of wheat, exhumed from the Egyptian tombs, after being enclosed in solid masonry for two thousand years, have germinated and yielded their natural product, under the ordinary conditions favorable to the growth of this plant.

For the unfolding or generation of matter, several conditions are essential:

1. Proper material for development.
2. Normal generative and sustaining force.
3. Normal temperature, which is 98°.
4. A due amount of moisture. A substance divested of moisture will not decompose, nor undergo development.
5. Sufficient amount of oxygen. It is well known that this substance, preserved from the air, will not decompose.

The following conditions must exist for decomposition:

1. Matter to be decomposed.
2. Moisture.
3. Oxygen.
4. Sufficient temperature.
5. The matter divested of its generative or sustaining force. So long as one particle of it exists, decomposition cannot be perfectly accomplished; but it will progress in proportion as the vital principle diminishes.

If these views are correct, it follows that *health* consists in a harmonious relation between the Promethean fire and the material structure and fluids of the organism; while the circumstances or conditions named, and *disease*, is simply the *inharmonious* relations which may subsist between them all, in whatever degree or extent. The severity of disease, as a matter of course, will correspond with the derangement, or the inharmonious relations of the several constituents of vital life with each other.

We will suppose 100 to represent the healthful or normal condition. Any exciting cause may first depress this standard, say ten per cent. This would indicate some slight indisposition or reduction from health. Let this standard be further reduced, say twenty-five or fifty per cent.

In the first case, a man would lose one-fourth of his *natural* vitality; in the other, one-half of it. He might be restored to good health from a depression of twenty-five per cent., or even more; but it is doubtful if Nature would be able to recover herself at a depression of *one-half* of her *vis medicatrix*. A man thus reduced would be *half* dead at best, and the *crisis* of disease having been reached, the chances would be rather against than in favor of recovery to normal health. Should the depression still continue, there would be an acceleration of the ravages of disease, ending rapidly in physical death.

When an impression is made on the system, which reduces its inherent vital force, the irritability is increased; while, (unless the depression be too great), there will be that *reaction* which causes the fever. If the depression is five per cent., the reaction will correspond. The interval between reaction and depression is a period in which the system has partially recovered, and is nearer a state of health, though not fully able to sustain herself. About the same time on the next day, or a little earlier, or a little later, the system is again depressed, which depression is followed by fever. If this depression, and return of fever, be earlier and earlier each day (or the interval shorter each day between fever and depression), it would indicate that disease is gaining the mastery. If the return be later and later each day (or the intervals more and more prolonged), it would indicate an improved condition of health; or that the recuperative energy of Nature was rectifying her abnormal state.

In some forms of disease, this depression and reaction is taking place several times a day, although the intermission may be so imperfect as to elude the observation of even the most experienced physician. Again, in some low forms of disease, when this force is very much depressed, as in Typhus or Typhoid fever, we find the reaction to be very imperfect. Hence, the system seems to be sustained in a fifty per cent. condition, with a gradual receding. In such cases, if there is not immediate relief, this force must succumb, together with the conditions that surround or accompany it in sustaining physical life, as moisture, oxygen, temperature, etc.

Indeed, if we contemplate the simplicity of Nature's laws, it is not unreasonable to suppose, that the nature and treatment of disease are capable of being written on a single page of a volume like the present. The time is no doubt rapidly approaching when this will be done. The day cannot be far off, when some progressive mind will dispel the mysteries of medical science; and from amidst the accumulated rubbish that environs it, pluck the *jewel-secret* of Nature, and hold it

up for the regeneration of man, and the healing of nations of their many maladies.

Let me now endeavor to show from what sources this force, this Promethean fire, of which I have herein written, is derived—where located—and the part it takes in sustaining life.

It is clear that this force is derived from the parents at the time of conception, and it ultimately becomes the constitution of the new being, which possesses all the attributes and idiosyncracies of the parents. It unfolds the germ by developing cells; the first-formed cells being the ganglionic nerve-cells, in which the germ takes up its abode. When the system is once developed, it sustains it; in other words, it circulates the blood, carries on digestion, promotes secretion, assimilation, and sustains nutrition, which is the replacing or renewal of structure that has been destroyed or disintegrated. In brief, it carries on all the functions of the animal economy, and is to the human frame what steam is to machinery. Any interference with the operations of this force in nutrition, will cause abnormal growths, such as cancers, in place of healthy structure.

Parents that have weak constitutions must impart to their children a similar imperfection of physical organization. In this way, Scrofula, Consumption, and many other diseases, become hereditary. Therefore, persons marrying, if they wish to have healthy offspring, must present this force in a normal or healthy condition. The child that most resembles either of the parents will partake generally of that parent's ailments or peculiarities.

Suppose the case of a married couple having six children, the father predisposed to Consumption, and the mother to nervous disease. The children resembling the father will partake of a consumptive diathesis, while those resembling the mother will be liable to her nervous ailments.

A very striking case came under my observation some years ago, which may be here presented in corroboration of this theory. A gentleman of respectability, and apparently in perfect health, married a healthy lady, and they had two children. One child died before a year old, with what had been pronounced Scrofula. I was called to see the second child, when it was in its fourth year, and found it laboring under what had been considered Scrofula by two eminent physicians of Philadelphia. I was immediately impressed that the disorder was Secondary Syphilis, yet the parents enjoyed excellent vigor. I accordingly treated the child for that disease, and it soon recovered perfect vigor. I then deemed it my duty to question the father, when he frankly informed me that he had contracted Syphilis ten years before, but supposed he had been perfectly cured, as he had no reason to

think otherwise. I induced him and his wife to submit to a course of medical treatment, which ended in a complete eradication of every particle of venereal taint from their system. They have had two children since, both of whom have always enjoyed the most blooming and perfect health. I could give a large number of similar cases, caused by other diseases, particularly Masturbation; but the present is not the place for such details. Perhaps there is no cause that has such a debilitating effect upon the constitution as Masturbation; nothing which tends more to depress the vital force as excessive venery, whether naturally or artificially practiced, by coition or hand-manipulations.

Those who will take the trouble to examine closely the Law of Nature, will find that "vital force," "vitality," "*vis vitæ*," terms frequently employed, readily admit of two significations. Life, in its highest sense, is an emanation (incomprehensible to ourselves, because beyond our finite thoughts) from the Omnipotent Creator of the universe, pervading every organized body in varied but definite proportions, and preserving the harmony of the natural laws to which we are subjected. This controlling power, this emanation from the Deity, keeps all in order, from the simple developing cell (the commencement or starting-point of all organization) to the body as a whole; it regulates the movements of all that delicate, beautifully-adapted, and complicated machinery, upon the exact mutual co-operation of each and every part of which organic existence depends. From man, the highest and most perfect of God's works, through the animal kingdom, down to the zoophyte class, linking animal and vegetable life; through the higher classes of vegetable organization down to the lowest orders, where the doubt arises whether we are still dealing with life, or whether we have entered the mineral kingdom: everywhere throughout Nature we see depicted higher or lower grades of intrinsic "vital power," which with undeviating accuracy, organize matter, and preserve organization by certain currents of force or arrangement given to the otherwise inorganic atoms.

Again, we observe that life, in the different classes of organized existence, has its fixed or determined period. Man, *ceteris paribus*, lives from 70 to 100 years, rarely beyond; the horse, between 20 and 30 years; some insects, from birth to death, but 24 hours. The oak has *vis vitæ* for several hundred years, but at length must decay and die; many of our favorite garden flowers enjoy but a few months' existence. As it prevails throughout Nature, so does it obtain with man. A minute germ—a cell—by this intrinsic "*vis vitæ*," is developed into the fœtus, the fœtus into the infant, the infant into the youth, the youth into mature age—then comes the descent in the vital scale,

until the decay of old age is reached. The duration of life is fixed by irrevocable decree : unchangeable, excepting by a special permission of Providence.

This is life in its highest acceptation, as it must be acknowledged by every physiologist who can view organization as dependent on the fiat of a Divine Creator ; but the word " vitality," or " vital force " admits of another interpretation, and conveys the idea of a power, existing in association with organized matter, which appears to be generated by certain arrangements of, and motions among its alternate molecules. Life, in its highest form, is above all material forces ; life, in its secondary acceptation, exists as a consequence of electrical and chemical, or electro-chemical action, constantly developed in vitalized matter. It is with life in this, its secondary form, that the physician is especially connected.

Science shows that no chemical action can take place without the evolution of electricity, or without evidence of considerable electrical disturbance. As Dr. Carpenter beautifully suggests, the contraction of any muscle upon the application of a stimulus must be attributed to an exercise of vital force, engendered by previous acts of nutrition. This stimulus is not the source of the force, but only supplies some condition which is requisite for its manifestation ; just as the application of the discharger to the Leyden jar (charged by the previous action of the electrical machine) liberates, so to speak, its pent-up electricity, and allows this to display itself as an active force. Now, just as the jar may be so charged with electricity as to discharge itself spontaneously, so it is easy to conceive that a muscle may be so charged with vitality (motor force) as to execute spontaneous contractions ; and of the existence of such a condition, we have valid evidence. Instance the action of the uterus in the local contractions frequent during the later months of gestation, as well as the final parturient effort ; and also the rhythmical movements of the heart, as due to a simple excess continually supplied by the nutritive operation, and as constantly discharging itself in contractile action. It is difficult, indeed, to explain all the laws which regulate the physical forces, because there does not exist a sufficient acquaintance either with them or their conditions. The latest scientific discoveries, however, in their totality, afford very good evidence that the body is constantly undergoing molecular changes, more or less rapid, attended with more or less powerful electrical currents. In fact, it has been beautifully and (to many eminently philosophical minds) satisfactorily demonstrated, that man and, of course, all animals possess inherent electricity, which is generated, not derived. What is called " the *odyle* force " by Baron Reichenbach,

however, I am inclined to think, is simply a manifestation of universal physical force.

In the living body, a series of changes are constantly proceeding, which are immediately dependent on electrical conditions; and the medical efficacy or action of many substances arises from their ability to modify, alter, or change these conditions; *ergo*, their medical action is rather electrical than chemical. This would seem palpable, from the fact that all processes of nutrition and secretion, or of disintegration and excretion, are dependent on the access and presence of oxygen, as a primary factor in the generation of electrical currents.

In considering the magneto-electrical relations of the organism, a most remarkable point, to which every reflecting mind must turn, is the *duality* of the body; that is, its division into symmetrical halves, and the wonderful harmony existing between the cerebro-spinal or voluntary portion of the nervous system, and the sympathetic or involuntary series of nervous arrangements. We find a series of nervous centres (which might very properly be termed animal magneto-electric batteries) in each of the two great nervous divisions, connected together by a number of nerves (or, so to speak, conducting wires), and sending forth branches which minutely subdivide and interlace in every, even the smallest, point of the body. The cerebro-spinal presides over motion and *special* sensation; the sympathetic or ganglionic over *general* sensation: the intuitive and formative functions linked together in one most intimate yet harmonious whole, forming continuous magneto-electric circuits.

Let me thoroughly be understood in my definitions of special and general sensation. The first is derived through the medium of the cerebro-spinal nervous system, as sight, hearing, smelling, and taste. The fifth sense, usually termed *touch*, or general sensation (formerly considered as belonging to the special senses), resides solely in the ganglionic nervous system. Now it is this general sensation which recognizes all impressions made upon the system that produce disease. Were it not for this sensation, the system would recognize neither heat nor cold, nor any of the various causes inducing an abnormal condition; hence, the body would be an inert mass. For example, suppose a man to plunge his hand in the fire, or some boiling liquid, without a recognition of the special senses, the ganglionic system, recognizing danger or injury by means of general sensation, would promptly telegraph the cerebro-spinal system, and it, acting on the voluntary muscles, will produce a contraction of these muscles, and thus prevent or save the arm from further injury. If the ganglionic nervous system had control over the voluntary muscles, it would not

be necessary for it thus to telegraph the cerebro-spinal system, and warn it of danger.

With respect to medicines, and their actions, although chemistry may enable us to determine the peculiar arrangement of atoms with which a particular medicinal action, or the active principle of a medicine is associated, it does not, nor can it, inform why that medicine has a special influence on some part of the system; why, for instance, belladonna is specially directed toward the iris, or rather the nerves supplying it; mercury to the liver; why diuretics and diaphoretics, such as ipecachuana and digitalis, respectively are directed to certain fixed channels of exit; and so, with other remedies, influencing other portions of the system.

Again, in the body, we see currents of force acting in a special and defined manner. We see the urea secreted by the kidneys; bile secreted by the liver; eholestine formed and appropriated as a constituent of nervous substance itself; we see various analogous actions constantly maintained; but we cannot call the force which directs a certain compound of atoms to a special organ, chemical force. Chemistry can only acquaint us with the nature of bile, urea, etc. As in these instances, so it is throughout the body. There are unceasing series of metamorphoses, of decay, of reconstructions, of different atoms taking definite directions with unerring accuracy, and forming the numerous products, necessary for life, simultaneously with the ejection from the system of effete matters; but these actions are due to the *Vis Medicatrix Nature*, or to vital dynamics, although they necessarily involve chemical changes.

Thus we are able to comprehend something of the electrical forces and polar conditions of the vital organization; thus we know that the brain and the other nervous centres are the batteries where the vital force or nervous influence is generated and accumulated; and also that the electro-positives supplied to the blood by the ingesta, and the electro-negative oxygen absorbed from the atmosphere, are the elements by which the magneto-electrical power is generated.

Having thus presented an outline idea of the LAW OF LIFE, and seen that man is literally a galvanic battery, I may attempt a few suggestions as to the best means of keeping this exceedingly delicate and complicated machine in vigorous operation; or, in other words, show how the *vis medicatrix* of the economy may be indefinitely maintained and prolonged. This will now lead me to explain the laws of MANLY HEALTH and TRAINING, or the *science of a sound and beautiful bodily organization*. It will, accordingly, be proper to ask :

WHEN OUGHT A MAN TO BE IN HIS PRIMEST CONDITION, AND HOW LONG?

Probably the answer which I shall give to this question will excite some surprise. In the present state of artificial society, I doubt whether there be a single human being living in the civilized world in that *perfect state of health* and strength to which the human frame should attain.

From about the twenty-fourth to the fiftieth or fifty-fifth year, the body, in a fair specimen of health and condition, remains nearly stationary. The liability to disease is less, and all the powers are in their best working order. This is the period that a man makes his mark, if at all. Activity is now at its fullest; indeed, the repression or non-action of it, in many cases, is the greatest misfortune that can happen to this stage of life. All the labor and employments of the earth are served with these years—without them there would be little or nothing to show for man, for governments, for science, for civilization, literature, or art.

It is during some portion of this stretch of time, varied in different persons, that all the celebrated men of the world have achieved the works which have given them renown. Some have started early, and finished, it may be said, prematurely. This is the case with many of the poets, especially those of passionate imagery and tone, such as Shelly, Byron, Keats, etc. Of first-class works, however, it is doubtful whether any have ever yet been achieved by young men. Shakspeare wrote his best productions during the period from his thirty-seventh to his forty-fifth year.

When I ask how long a man might be in his primest condition, I mean, of course, how long, allowing a favorable state of care, habits, food, etc. With these, I can deliberately say, if he have a fair *natural* constitution, and has not *ingrained his system in early life with the germs* of an INCURABLE MALADY (this last is important—take notice, young man), he ought to be in a *high range of health and strength from the age of TWENTY-THREE OR FOUR TO THE AGE OF SIXTY-FIVE*—a space of over FORTY YEARS! This statement, I know, is not in accordance with popular convictions on the subject; but with greatest respect and good-nature, I am constrained to call this popular opinion nothing more than POPULAR IGNORANCE!

Take notice, however: if *Life, and its reserved fund of vitality, are dissipated during the years from fifteen to twenty-three or four*—if extravagant and continued drains are made on the bodily stamina during that period, by excesses of any kind whatever, particularly by MASTURBATION, I can promise neither health nor longevity to any such individual. The years from *fourteen to twenty-four* are the very ones, out of the

whole stretch of life, when there is the most danger of *breaking down the tone of the body, and ruining the organism forever!*

The human frame, however, is full, in every case, of *latent power!* Though wounded, buffeted, violated time and again, it seems joyously to respond to the first return of reason and *natural habitudes*. I would be clearly understood. *The indulgence of perverted appetite, and the violations of the laws of Nature, cannot go too LONG with impunity!* There *will* assuredly come a time when the turning-point is reached. My object, however, is to encourage the rising youth of our land, especially, to realize what superior pleasure a good and natural state of health is over every sensual or other gratification. Yes, Nature is ever tolerant and bountiful. Long injured and insulted, she yet keeps blessings in her hands, ready to be bestowed, with freedom and certainty, on the first practical signs of repentance.

It should be borne in mind by parents, for their offspring's sake, and also by every youth developing himself into early manhood, that the TRUE PLAN of LIFE involves a fine and *robust condition of manhood, with every faculty of body and mind in full play and high health from the twenty-third year to beyond the sixtieth*. To spring up in the morning with light feelings, and the disposition to raise the voice in some cheerful song—to feel pleasure in going into the open air, and breathing it—to sit down to your food with a keen relish for it—to pass forth, in business or occupation, among men, without distrusting them, but with a friendly feeling toward all, and finding the same feeling returned to you—to be buoyant in all your movements by the curious result of perfect digestion (a feeling as if you could almost fly, you are so light)—to have perfect command of your arms, legs, etc., able to strike out, if occasion demands, or to walk long distances, or to endure great labor without exhaustion—to have year after year pass on, and on, and still the same calm and equable state of all the organs, and of the temper, and mentality—no wrenching pains of the nerves and joints—no pangs, returning again and again through the sensitive head, or any of its parts—no blotched and disfigured complexion—no premature lame and halting gait—no tremulous shaking of the hand, unable to carry a glass of water to the mouth without spilling it—no film and bleared-red about the eyes, nor bad taste in the mouth, nor tainted breath from the stomach or gums—none of that dreary, sickening, unmanly lassitude, that, to so many men and women, fills up and curses what ought to be the best years of their lives.

Alas! how many are there, instead of enjoying a vigorous constitution, or having a sound mind in a sound body, literally endure a *living death!* as the result of early ignorance and imprudences of every kind.

none more direful in their consequences than those of unnatural and excessive sexual passions!

Surely it should be the highest ambition of every youth to become a *sound, healthy, and handsome man*; and to remain so for many years, in full possession of all his faculties and strength. Indeed, nothing is more worthy of the ambition of the youths of our land than the attainment of the soundest health and the most perfect beauty; and surely nothing will repay the effort and resolution to follow them, than a steady pursuit of the regulations, laws, self-denials, and daily habits that lead to the sound condition and beautiful appearance of the body, the manly form—that wondrous and beautiful structure that never wearies the mind in contemplating its inward and outward mysteries, and in which concentrates the whole interest of life, happiness, affection, dignity, and glory of the human being. Yes, every young man should desire and determine to put his body in a healthy and *sweet-blooded* condition—to be a *man*, hearty, active, muscular, intellectual, handsome, and noble!

It is no small thing to be perfectly well. As before remarked, the case is one that, in our civilized and artificial forms of society, is extremely rare, if it exists at all! It is useless to blink the unpleasant conviction, that in all our large cities, and even in the country, where it might be less expected, the amount of *ill-health*, is enormous. Consumption, Dyspepsia, Rheumatism, nervous affections, and many other frightful maladies, are everywhere observed. Possibly one-fourth of the entire population die of Consumption; thousands on thousands suffer from some form of Scrofula, or are affected with sores and ulcers, interior and exterior. Half the people we meet with have, at times, pimples and pustules on the face and neck, indicating that health is any thing but clear with them. Indeed, there are few, in any rank of life, who do not labor under some disorder of the blood, or derangement of the nervous system.

And why is all this amount of frightful disease and death? Simply because man is prone to *violate the laws of Nature* by excesses of every kind—excesses in eating and drinking, and improper hygienic rules of whatever kind; but the great source of evil is found in excessive venereal indulgence, particularly of the violent abuse of the generative organs by the debasing and destructive habit of *Onanism* or *Masturbation*, as will be plainly demonstrated in the future pages of this little volume.

Perfect life, I have shown, is but an *ideal* thing. Surely he errs fatally who does not daily strive to make *life* a *reality*! Surely it is high time that we began to distinguish between the *possible* and the

practical length of life. By reasoning upon the experience of many ages, and founding conclusions in strict accordance with analogy, the problem, for the regeneration of man to his pristine health and vigor, may be stated, in the words of an eminent philosopher and humanitarian, as follows :

1. Men and women *have* lived to an age of near 250 years, and within the last few centuries a few individuals to from 140 to 180 years.

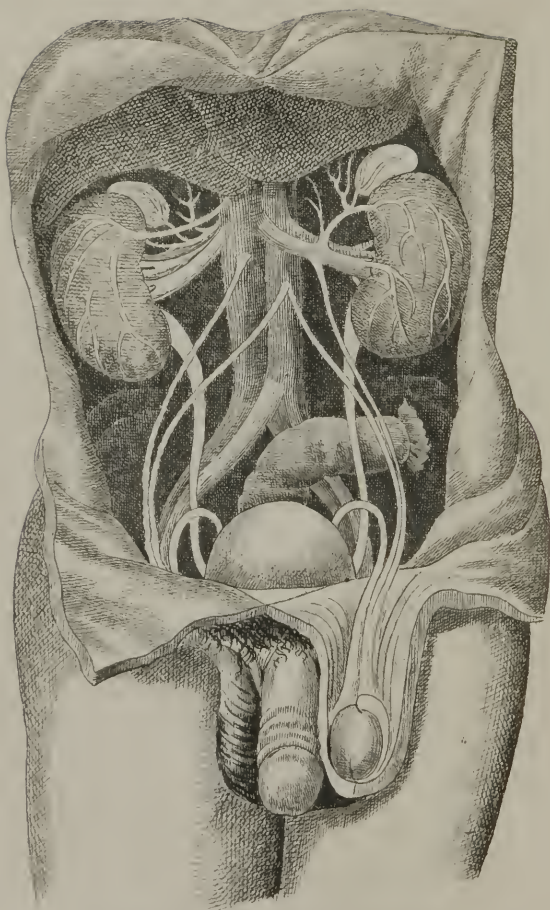
2. Since these were *but* men and women, they possessed no capabilities but those which all of us possess; and providing our parentage, habits, and external and internal conditions in all respects, were as good as theirs, all men and women now could attain to ages of from 140 to 185 years.

3. Just as soon as the race at large shall have discovered and reduced to unmistakable rules, the principles of health and endurance on which these few stumbled, as it were, by chance, the majority of human kind may live to at least 140 or 150 years.

4. When for a few generations the practice of hygienic living has been quite universally adopted, so that the *constitution* may recover from its present broken and enfeebled condition, deaths under 80 should become as unusual as deaths over 100 now are; and the whole race, with rare exceptions, could then attain to ages ranging from 100 to 150 years, and many even beyond that, to near or quite 200 years. We have, as human beings, the germs of the capacity to do this: we only need to look after and develop them.

5. While a life thus prolonged is our birthright, and would become our possession if our conditions and modes of living were brought to a perfection of system and practice, it is evident that until some great change is made in the CAUSES now at work, we shall continue to reap the frightful consequences of distressing maladies and premature dissolution, with which the race of man is at present so awfully cursed.

Shall we not, then, all strive for so glorious and blessed a consummation, as that of man's redemption from woe and ruin?



Anatomical View of the Organs of Generation.

THE NORMAL GENERATIVE FUNCTIONS.

P A R T I.

CHAPTER I.

ANATOMICAL AND PHYSIOLOGICAL DESCRIPTION OF THE MALE ORGANS OF GENERATION.

See Plates A, B, and C.

THE male generative organs may be divided into the EXTERNAL and INTERNAL.

A. The *First* comprise the PENIS, URETHRA, SCROTUM, and TESTICLES.

B. The *Second* are the SEMINAL DUCTS, or Vasa Deferentia, the SPERMATIC CORD, the VESICULÆ SEMINALES, &c.

THE EXTERNAL ORGANS.

SECTION A.

1. THE PENIS.—Every male is familiar with the external appearance of the pendant cylindrical organ

at the forepart of the body, called, in physiological phraseology, the PENIS, or Yard. Besides being designed for urinating purposes, it is the medium of *sexual union* between the male and female. It commences at the *Bladder*, is of a *spongy* nature, and is composed of three different parts; the two upper and larger being called the *cavernous* bodies, and the lower one the *spongy* body. These bodies are covered by the skin which comes over the head of the Penis, known as the Foreskin, or *Prepuce*.

2. THE PREPUCE.—The Prepuce, or Foreskin, is simply a duplicature of the integuments investing the Penis, which may be conceived to pass forward from the external part of that body, and again to return, (serving as a sort of a sheath, like a glove to a finger,) forming an inner layer under the external one, both of which thus cover the Glans Penis. In front, the Foreskin has a roundish aperture of different sizes, through which passes the urine discharged, *via* the canal in its own body known as the *Urethra*. The Prepuce has nothing peculiar to its structure, except that small follicles on its inner surface secrete a sebaceous matter; in other words, a fatty, thick, strong-smelling substance, of a white-yellow color.

3. THE URETHRA.—The Urethra is the canal of the Penis, through which the urine is discharged,

and also by which the male semen is thrown into the internal sexual organs of the female. It is one of the constituent parts of the male organ of generation. If its object was merely to pass out the urine from the system, a simple orifice at the surface, at the outside of the body, as in the female, would be sufficient. Not only is it designed for the passage of the urine, and for transmitting the semen, but it performs a very important mechanical function, by *exciting* the sexual tone of the female organs. Such exaltation is an essential condition for the reception of the semen by the female. Hence the Penis is capable not only of erection but of elongation, so as to produce the greatest amount of electrical stimulation, both by pressure and friction.

The Urethra is lined by an exquisitely fine, delicate, and susceptible membrane, of whitish color, somewhat similar to that of the mouth, nose, intestines, &c. This canal has its commencement from the bladder, and terminates at the orifice (or head) of the Glans Penis. It is in the whole about twelve inches in length, (about one half being within the body, and the other half exterior,) though the length is very different in different individuals.

There are upon its surface a great many small, oblong orifices, of various sizes, called LACUNÆ. *Lacuna*, or *lacus*, means a lake, or literally, a ditch

containing water. Hence the term *lacunæ* is applied to a multitude of follicles observed in the mucous membrane of the Urethra. They are also named "*Sinuses of Morgagni*;" *sinus* meaning a gulf, or cavity, or cell, a tube or a venous canal. The *Lacuna Magna* is the large cell or canal which is the seat of the secretion of the drop of matter which is squeezed from the Urethra in old *Gonorrhœa*, vulgarly termed *Clap*.

The membrane of the Urethra has a striated (grooved or streaky) appearance, in consequence of folds which are observed along its whole length. The folds are capable of great dilation, by which the passages may suffer considerable distension with impunity. It is so elastic and dilatable, that a large instrument may be passed through it into the bladder, while it will also contract on the smallest. The passage varies in size in different parts. It is rather contracted at the orifice, enlarges within and for an inch, again contracts, dilates nearer the bulb, diminishes at the membranous portion and near the prostate gland, and finally enlarges into the bladder.

The Urethra is constantly moistened with a mucous secretion, which protects it and renders it very pliable. The inner surface of the Urethra is very sensitive, which is shown in the first passing of the bougie, or in inflammation. The pain of the

former, and the act of urinating in the latter, often cause fainting.

4. THE SCROTUM.—The purse, or bag, is that wrinkled pouch which contains the testicles. It hangs as a sort of pendant to the root of the Penis at the surface of the body. It is composed of a membranous and cellular substance, invested by the common skin or integument of the body. This bag is divided about the middle by a septum, or partition, so as to form two cavities, in each of which a testicle is lodged.

5. THE TESTICLES.—These are two glands, or secreting organs, each of the size of a pigeon's egg, situate in the cavities of the Scrotum, as above described.

Before birth, these glands are lodged within the cavity of the abdomen or belly, immediately before the kidneys. Each of these glands is supplied with blood from the descending AORTA or great artery, within the abdomen, by means of a long and undulated vessel, called the *spermatic artery*, which is variously contorted and interwoven with the *spermatic veins*. These return the blood to the VENA CAVA, or great vein, within the abdominal cavity.

The substance of the Testicle is of a white, soft, and apparently pulpy nature, but in reality consists

of an infinite number of small tubes, called *seminiferous*, which at the upper part of the gland terminate in one general duct, or conduit pipe, called *epididymis*. The *tubuli* are about $\frac{1}{170}$ th of an inch in diameter, and being united by cellular tissue and blood-vessels, thus constitute the *parenchyma*, or solid substance of the Testicle, of a yellow or gray color. As already intimated, this structure is composed of the *seminiferous tubuli*, or ducts, of which 800 have been counted, whose united length amounts to from 850 to 2500 feet, as ascertained by observations of the Testicles of different persons.

These glandular bodies (the Testicles) (*see Plate E*) are not left naked in the cavities of the Scrotum. Each is provided with three coats; an *external* one, called *albuginea*, which is smooth, white, fibrous and exquisitely sensitive, and which immediately invests the glandular apparatus; a *middle* one, external to the latter, termed *vaginal coat*, which, after involving the Testicles, accompanies the spermatic vessels in their progress through the muscles of the abdomen; and a *third*, or external one, which is continued downward from the muscles last mentioned, is itself muscular, and receives the name of *cremaster*. This is fixed around the second or vaginal coat.



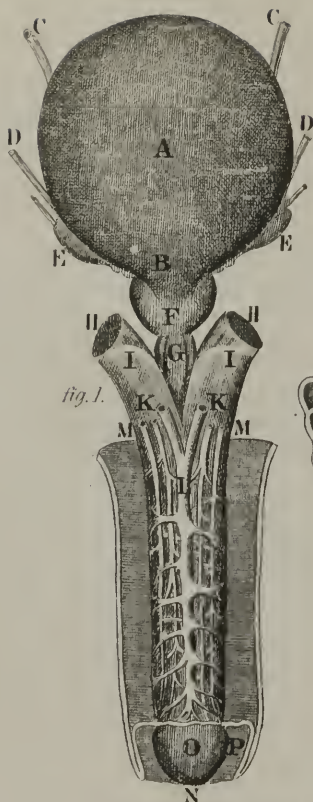
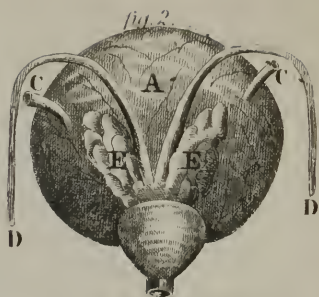


fig. 1.

Front View of the Bladder & Penis.



Posterior View of the Bladder & Prostate

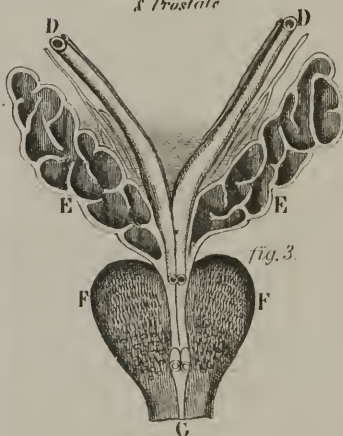


fig. 3.

A Sectional View of the Seminal Vessels & Prostate.

- A The Bladder.
- B Neck of the Bladder.
- CC Ureters.
- DD The vasa; deferentia.
- EE Seminal vesicles.
- F Prostate.
- G Urethra.
- II The Erector muscles of the Penis.

- II The Cavernous bodies in the Penis
- KK The Arteries of the Penis
- L The great vein of the Penis
- MM Nerves of the Penis
- N Orifice of the Urethra
- O Gland of the Penis
- P The Prepuce or Foreskin

CHAPTER II.

MALE ORGANS OF GENERATION.

INTERIOR APPARATUS.

SECTION B.

(See Plates A and B.)

B. THE INTERIOR sexual organs are called the SEMINAL DUCTS, or *Vasa Deferentia*, the SPERMATIC CORD, the VESICULÆ SEMINALES, the PROSTATE GLAND, COWPER'S GLANDS, etc.

NOTE.—In conclusion of my description of the Scrotum and Testicles, I spoke of a number of small tubes called *seminiferous*, which terminated in one general duct, *Epididymis*. (See Plate B, Fig. 1.) This convoluted tube has its origin from the outer and posterior part of the superior end of the Testicle, and as it descends along the outer and back part of the Testicle, (without coming in contact with it,) becomes larger in diameter, but less convoluted, till it reaches its lower part, where it immediately begins to reascend, and forming a straighter tube, assumes the name of *Vas Deferens*.

1. THE VAS DEFERENS.—The Vas Deferens, proceeding from the lower part of the Testicle, is enveloped in the same membranous sheath with the artery and vein already described, and forms with them the *Spermatic Cord*. They run together upward over the *os pubis*, (or bone forming the transverse at the lower part of the belly,) enter the abdomen by a small aperture placed a little above this, called the ring of the abdominal muscles, when, separating from the vein and artery, which continue to pass directly upward, the Vas Deferens throws, as it were, an arch backward over the lateral part of the Bladder. At the posterior inferior portion of this organ, it joins, on its respective side, a body called *Vesicula Seminalis*. On the inner side of this it passes forward to the commencement of the Urethra, or outlet of the Bladder, into which it opens, after penetrating a part of the *Prostate Gland*. The Vas Deferentia are to the organs of generation what the Ureters are to the Bladder. It is through the open triangular space, where the Bladder and the Rectum meet, that the former has to be cut into from the *Perinæum*, in the operation of Lithotomy. The Vas Deferens terminates at the base of the *Prostate Gland*, as before remarked, by uniting with the duct of the *Vesicula Seminalis*, and constitute the Ejaculatory Duct. The structure of this canal is

remarkable on account of the thickness of its parietes, or walls, which is so great that the canal can be easily felt in the *Spermatic Cord*. (See *Plate B*.)

2. THE SPERMATIC CORD.—It is composed of arteries, veins, lymphatics, nerves, the excretory duct of the vesicle, and the investing tunic. The left cord is somewhat longer than the right, and permits the left Testicle to descend a little lower than the other. Externally, the cord is surrounded by a thin muscular expansion, capable of elevating the Scrotum toward the abdominal ring.

3. THE VESICULÆ SEMINALES.—These are two oblong, irregular bodies, situate at the under part of the Bladder, near the neck, or between that part and the Rectum, converging toward the base of the Prostate Gland. They are about two inches in length. Their upper surface is in contact with the base of the Bladder; the under side rests on the Rectum. Each Vesicula Seminalis is composed, not of numerous cells, as they would seem to be, but of one continuous convoluted tube, which gives off several irregular local branches. It does not form a continuation of the Vas Deferens, for that tube only passes literally along it; and it opens into the Urethra at the neck of the Bladder, or commencement of the Urethra. It communicates with the duct of

the Vesicula and forms the Ejaculatory Duct. This is about three quarters of an inch in length, and opens upon the mucous membrane of the Urethra, near its fellow on the opposite side, at the extremity of the process.

The Vesiculæ Seminales appear like two cellular bags. They have two coats, the one called fibrous, and the inner the mucous: a membrane divided into folds or ridges.

The use of the Vesiculæ is supposed to be to act as a reservoir for the Semen. Some physiologists, however, contend that this fluid is not *spermatic*, but merely an *addenda* to the seminal secretion.

4. THE PROSTATE GLAND is a firm, glandular body, about the size of a large Spanish chestnut, which lies entirely within the Pelvis. It surrounds the commencement of the Urethra for a little more than an inch of its extent, and is situated upon the Rectum, through which it may be felt with the finger. It consists of three lobes, two lateral and a middle lobe or isthmus, which are united together by a firm cellular membrane that surrounds the whole gland. Its surface is smooth. It possesses numerous ducts, into which bristles may be introduced. Inflammation of the Urethra, (the mucous membrane of which being continuous with that of

the excretory ducts of the glands,) is liable to spread onward to, and include the Prostate Gland.

5. COWPER'S GLANDS.—These are two small lobulated glands of the size of peas. Their excretory ducts unite into one, three-fourths of an inch in length, which opens upon the lower surface of the Urethra. Like the Prostate Gland, the glands of Cowper may have some importance not clearly understood. (*See Plate B.*)

CHAPTER III.

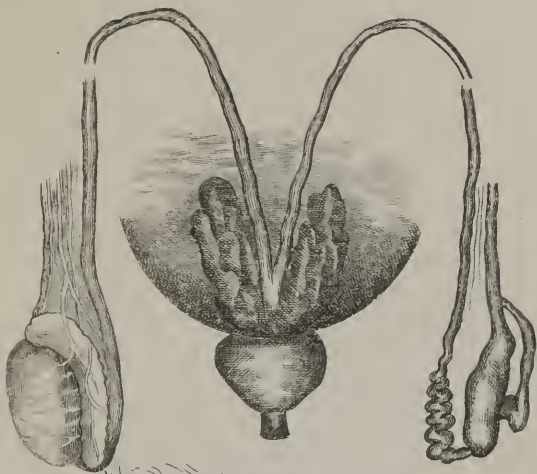
THE URINARY ORGANS.

SECTION D.

(See Plates B and C.)

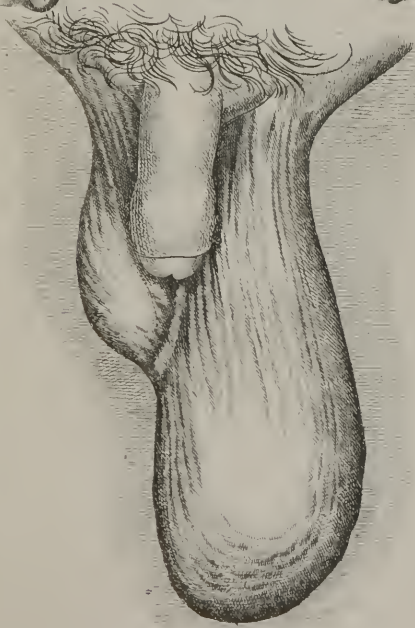
D. The organs which secrete and eject the URINE, are the KIDNEYS, the URETERS, the BLADDER, and the URETHRA.

1. THE KIDNEYS.—The Kidneys are designed to secrete the urine. They are two glandular bodies situated one on each side of the spine, just below the two last ribs, behind the stomach and intestines. In shape they resemble the kidney-bean. The right Kidney is somewhat lower than the left, in order to accommodate the right lobe of the liver, when man is in the erect position. The left Kidney is below the spleen—the right being larger than the left. Both are surrounded by a fatty, loose, cellular tissue, which keeps them in place. The secretions of the Kidneys is much influenced by the passions. The effects of fear, for instance, have an extraordinary influence either to increase or diminish the



The testis in health.

The testis wasted away through Onanism.



Varicose produced by Self Pollution.

quantity and flow of urine, not only in the human being, but in animals. There are many anatomical peculiarities about the structure of the Kidneys which I need not describe, as they would not be readily understood by the ordinary reader.

2. THE URETERS.—These are two cylindrical membranous canals, intended to convey the urine from the Kidneys into the Bladder. They are of the size of a goose-quill, but are extremely dilatable. There is one on each side of the body, and they pass downward and inward to the back and lower part of the Bladder.

3. THE BLADDER.—This organ is located in the lower part of the body, in what is called the Pelvis, or the space embraced in the basket of the hip-bones. It is the largest reservoir in the human organism, containing secretions. Its size varies according to the age, sex, or habits of persons, or the diseases with which it is affected. It admits of a distention to a degree almost incredible. It is of oval shape. That in man lies directly below the bowels, while in the female the womb intervenes between it and the rectum. It is composed of *three coats*. The outer one, being a continuation of the Peritoneum, is a serous sac covering the Bladder. The middle one is composed of muscular fibres, the constriction

of which causes the expulsion of the urine. The third coat is a thin mucous membrane, which dips into the Urethra. The Bladder is also furnished with numerous nerves and blood-vessels.

The female Bladder is larger than that of the male. This is owing to the more frequent retention of urine to which females are exposed. Women void urine less frequently than men. One reason for this is, women drink less than men. Old people have larger bladders than young ones. They do not feel the want of urinating as often as the latter : hence the greater distension of the Bladder. When the Bladder is full, it can be distinctly felt above the *symphysis pubis*, as high up as the navel. To the lower surface of the Bladder, in the male, are attached the seminal vesicles and the excretory ducts.

4. THE URETHRA.—The Urethra is the excretory canal of the Bladder, extending from the neck of that organ to the end of the Penis. It is formed of cellular and mucous tissues similar to the Bladder. It is very vascular, and quite elastic. It is, however, provided with muscles, the action of which is to assist in the expulsion of urine, and also of the seminal fluid during copulation or sexual commerce. The Urethra of the male is eight

to twelve inches long, about one half interior of, and the other half exterior to the body, and from one eighth to one fourth of an inch wide. It can be sufficiently dilated to admit of the passage of instruments of four lines in size, in operations for stone in the Bladder.

The *female Urethra* is only one inch and a half in length. It is wider than that of the male; it can be dilated to half an inch aperture. The occurrence of stone is less frequent in females than in males, owing to the shortness and dilatibility of the Urethra. Stone is taken from the female bladder without the operation of lithotomy. For this same reason it is much easier and much less dangerous to introduce the catheter into the female Urethra than into that of the other sex. A further description would not impart much information to one unversed in the technicalities of physiological and anatomical science.

CHAPTER IV.

THE URINARY SECRETIONS.

THE blood is conducted to the Kidneys by their arteries, and after passing through a multitude of ramifications, is finally converted into venous blood. The urine when secreted is, after many sinuous windings, received into the pelvis of the Kidneys, thence passes forward through the ureters into the Bladder, to be expelled as often as the desire is felt.

The evacuations of the Bladder take place in a similar manner as those of the Bowels. The force with which the urine is expelled is about equal to the force that would be required to burst the Bladder, if the urine should be prevented, by some mechanical obstacle, from being expelled.

The muscular contraction of the Bladder causes the expulsion of the urine, which contractions are brought about by the action of the many nerves distributed over the walls, and especially about the neck of the Bladder. These nerves proceed from the spinal marrow; and the absence or deficiency of nervous power will cause paralysis of the Bladder

and a consequent inability on the part of this organ to perform its contractions.

The most natural and frequent cause of the contractions of the Bladder is the stimulation of its walls by the quantity and quality of the urine. The organ is more or less sensitive to its stimulating effects, according to the drinks used, and other natural or artificial circumstances. In young persons the sensitiveness is greater than in old age, the contractions being more rapid and vigorous in the former than in the latter. In females the sensitiveness is less than in males, for the reason, probably, that their modesty induces them to hold their urine as long as possible, the Bladder thus becoming in some measure blunted to the promptings of Nature. Literary men, and others leading a sedentary life, by being completely absorbed in their mental or other pursuits, frequently lose sight of the indications of the Bladder, and are enabled to hold their urine for a long time on account of a diminished sensitiveness of the inner surfaces of this organ.

When the urine is forcibly retained in spite of the natural desire to void it, incalculable mischief may be expected to result. An over-full Bladder will cause stinging pains in the Urethra and other parts, palpitation of the heart, fainting fits, &c. It is extremely dangerous to retain the urine. The

celebrated astronomer, *Tycho de Brahe*, perished at the table of Queen Christina of Sweden, in consequence of suppressing a natural desire of voiding the urine.

Foreign bodies in the Bladder, such as stone, coagula, a piece of a probe, strictures of the Urethra, etc., irritate and increase the sensitiveness of this organ. The external use of cantharides will occasion uneasiness and danger, causing a desire to urinate without a drop of urine being discharged. The irritability of the Bladder may also be increased by various diseases, such as painful hemorrhoids or piles, diseases of the rectum, cancer or polypus of the uterus, &c.

The rapidity of the flow of urine depends on circumstances. It is slower in old people than in young. In stricture, the urine may pass out drop by drop. A stream thrown with force to a distance is an indication of strength and good health. The size of the stream will vary according to the width and dilatability of the Urethra. In young people the stream is larger than in old persons. The stream is thinner during an erection of the Penis. Where the Prepuce covers the glans, or head of the Penis too tightly, great pain and difficulty may be experienced in urination. The flow of urine slackens as the Bladder is being emptied. The dribbling shows

a deficiency of muscular action in the whole urinary apparatus.

The urinary secretion of the female is somewhat different from that of the male. The stream is less vigorous, because the Urethra is much shorter. The stream, being larger, is more quickly discharged by females than by the other sex. The greater width of the Urethra may likewise be the cause of the more sudden and involuntary emission of urine in the case of females, under the impulse of fright, fear, &c. Many other particulars might be detailed, but without any practical benefit to the reader.

CHAPTER V.

PHYSICAL PROPERTIES OF URINE — DISEASES OF THE URINARY ORGANS.

SECTION A.

A.—THERE is more water and more saline particles in the urine of the female than in the male; but the latter generally secretes a larger quantity than the former, in consequence of drinking a greater quantity of water or other liquids.

The color of fresh healthy urine is perfectly transparent, of a pale amber or orange yellow. Within every twenty-four hours from three to five pounds are usually secreted; but this quantity varies more or less, according to the amount of liquid a person drinks in that time. Beverages which contain carbonic acid, will also increase the secretion of the urine; while spirituous drinks have a tendency to diminish it, as a general rule.

Potatoes, parsley, and nutrient vegetables; beer, and such drugs as colchicum, digitalis, turpentine, saltpetre, bicarbonate of soda, cream of tartar, cantharides, etc., promote the secretion of the urine by virtue of their specific action on the kidneys. In

the winter season more urine is secreted in the twenty-four hours than in summer, for the simple reason that the perspiration of the body, or the cutaneous exhalation, is less abundant—the action of the skin and that of the kidneys, being thus in alternate relation to each other.

Children emit a large quantity of urine, which is pale and clear as water. Adults and old people secrete a comparatively smaller quantity of urine, which is darker, and contains a good deal of urate and phosphate of lime. In the morning the urine is generally darker, occasioned by the uroxanthin, a coloring matter of urine.

Food and drugs modify the color of urine. Beets, cochineal, madder, and other articles will impart a reddish hue, while rhubarb tinges it yellow, and indigo and Prussian blue will tinge it greenish and blue.

The odor of recently voided urine is peculiarly aromatic, and not very disagreeable, while it has a bitterish saline taste. On cooling, it loses this fragrance and assumes the characteristic smell of urine. It is more or less disposed to become decomposed; the smell is first sour, and then ammoniacal, and afterward fetid. The ordinary smell of urine, also, is liable to be altered by certain kinds of food or drugs. Asparagus, cabbage, cauliflower, etc., im-

part a very unpleasant smell to urine; turpentine, resin, balsam of copaiva, etc., give it the odor of violets; juniper berries, valerian, garlic, musk, etc., impart the odor which is peculiar to those substances.

The *shining* of the urine is a peculiar but not very frequent phenomenon. This shining results, probably, from the presence of phosphorous nitrogen, arising from the deoxydation of phosphoric acid and carbon contained in the urine. The urine, in the winter season, soon after being voided, will shine for half a minute like a fire-fly, after which the luminous appearance will rapidly diminish and cease. In some cases, this phenomenon has been observed two or three minutes in succession. This shining of the urine is a natural property of this fluid in the case of the civet-cat, the iltis, and other animals.

The "extractive" matters of the urine are made up of a variety of different compounds. Among these substances are creatine, creatinine, and hippuric acid. Human urine ordinarily contains a sulphurized and phosphorized compound, which serve for the excretion of sulphur and phosphorous in an unoxydized state.

The *Urine Pigment* has, to a certain extent, been separated as a definite compound from the "extractive." On the whole, with the exception of creatine and creatinine, all the known constituents of the

“urinary extractive,” are substances which are rich in carbon and comparatively poor in nitrogen; so that their increase will be favored by an excess of carbonaceous food, an imperfect action of the liver, and a low degree of respiration; whilst, on the other hand, a highly azotized diet, especially if combined with active exercise, will tend to their reduction.

If the functions of the liver are imperfectly performed, there will be first observed an increase in the ordinary urine-pigment, (which contains $58\frac{1}{2}$ per cent. of carbon,) giving a high color to the secretion, while the addition of a few drops of hydrochloric acid to the warmed fluid will cause it to develop a fine crimson or purple hue. If the inactivity of the liver increases, a deposit of *purpurine*, (a substance which contains $62\frac{1}{2}$ per cent. of carbon) is thrown down; while the complete arrest of the elimination of bile is marked by the appearance of the proper bile pigment in the urine.

The following inferences are confirmed by many experiments.

1. Animal articles of food augment the *solid matters* of the urine. Vegetable substances, and still more such as are deprived of azote, on the contrary, diminish it.

2. Although *Urea* is a product of decomposition

of the organism, yet its proportions in the urine depend also on the food; as, for instance, a richly azotized diet considerably augments its quantity. The proportion of the urea to other solid matters is as 100 to 116 on a mixed diet; as 100 to 63 on an animal diet; as 100 to 156 on a vegetable diet; and as 100 to 170 on a non-azotized diet.

3. The quantity of uric acid depends less on the nature of the diet, than on other circumstances.

4. The protein-compounds, and consequently the azote of the food, are absorbed in the intestinal canal; and what is not employed in the formation of the tissues, is thrown off by the kidneys in the form of urea or uric acid; these organs being the chief, if not the sole channel through which the system frees itself of its excess of azote.

5. The urine contains quantities of *sulphates* and *phosphates* proportional to the azotized matters which have been absorbed, and the proportion of these salts is sensibly increased under the use of a large amount of those substances.

6. The *extractive matters* are increased by the use of a vegetable diet, and *vice versa*.

7. The urine, after the use of animal food, has a strong acid reaction, but contains little or no lactic acid, and no hippuric acid. Under a vegetable diet there is more lactic acid, but it is united to bases.

The largest proportion of lactic acid is under a non-azotized diet, and most of it is then combined with ammonia.

8. The kidneys not only separate certain constituent parts of the organs which have become inadequate to the maintenance of life, but they also expel the superfluous nutritive matters that may have been absorbed.

Besides its organic materials, the urine contains a considerable amount of *saline* matter; the excretion of which, in a state of solution, appears to be one of the principal offices of the kidneys. Various saline compounds are continually being introduced with the food; and others are formed within the system by the oxydation of the sulphur and phosphorus of the tissues, or of the food, and by the combination of the sulphuric and phosphoric acids thus formed, with alkaline and earthy bases which the food may contain, etc. Thus the saline compounds found in the urine are to be regarded as partly proceeding from the retrograde metamorphosis of the materials of the tissues, after these have served their purpose in the economy, and partly from that of such components of the food as, being superfluous, do not undergo organization.

There are other properties and peculiarities of urine, which it is unnecessary to note in the present

work. I may, however, make a few remarks in regard to the character of urine in cases of disease.

In diseases, the secretion of urine may either be decreased or increased, or even entirely suppressed.

In *Diabetes Mellitus*, the urine is not only secreted in excessive quantity, but it likewise contains a good deal of saccharine (sugar) matter, which may be obtained from the urine in the shape of crystals, by evaporating the liquid.

In *Diabetes Insipidus*, and in *Pulmonary Phthisis*, it is likewise increased.

In *Fevers*, in *Diseases of the Liver and Heart*, and more particularly in *Dropsy*, it is diminished; while in *Cholera*, and disorganizations of the kidneys, it is entirely suppressed.

In *Fevers*, in diseases of the *Liver*, in *Arthritis*, *Rheumatism*, etc., the urine frequently assumes a red brown, dark yellow, greenish, or some other color, and deposits a quantity of sediment.

The normal chemical constituents of the urine are sometimes increased, at other times decreased, in disease.

In *Nervous* diseases, in violent *Nervous* pains, *Hysteria*, *Megrim*, the urine is generally pale, and reacts less as an acid.

Urine, which is clear and transparent in health, is apt to become cloudy and turbid in diseases. This

cloudiness is partly owing to the anomalous chemical constituents of the urine; partly to the admixture of organic substances, such as mucus, albumen, fat, blood, semen, pus, etc.

In *Hysteria*, and other nervous affections, urine has but little odor. In *Bright's* disease, which is generally accompanied with dropsy, and where the urine contains a good deal of albumen, it smells like broth. In *Diabetes Mellitus*, it has at first an insipid smell, which, after the sugar begins to ferment, changes to the odor of alcohol. In *Blennorrhœa* of the Bladder, and in *Retention of Urine*, it has an offensive smell as soon as it is emitted.

DISEASES OF THE URINARY ORGANS.

SECTION B.

B.—These diseases may exist independently of Syphilis, or derangements of the urinary organs. They are generally troublesome, painful, and dangerous. Many persons aggravate their condition by not applying to a physician in season.

1. *Retention of Urine*.—This is an inability to void the urine. It may endanger life, if not promptly attended to. The retention will depend on the contractile power, or some degree of paralysis of the bladder. When the bladder is paralyzed, there is a complete retention of urine.

Sometimes obstacles from without, compressing the urethra and neck of the bladder, will prevent the flowing out of the urine. In men the urine may be retained in the bladder by large hernia, swelling of the testes and scrotum; accumulation of the fæces in the rectum, or constriction of the penis by means of a cord, which is tied around the part by some young men, for the purpose of preventing involuntary discharges during sleep.

Mechanical obstacles may likewise act from within, by closing the canal as with a plug. This may be effected by stone, gravel, etc., or foreign bodies penetrating into the bladder, as pieces of bougies, catheters, etc. Children will sometimes introduce slate-pencils or other bodies into the urethra for fun, and thus such things find their way into the bladder.

Whatever the cause of the retention of urine, not a moment should be lost in having the advice of some competent physician, in order to mitigate pain and save the life of the patient.

2. *Too Frequent Urination*.—This disease arises from a relaxed state of the bladder. It is not dangerous, but exceedingly disagreeable and loathsome. The clothes are soaked with urine, and a pestiferous odor thereof surrounds the patients. They are a burden to themselves, and have to shun all company. In spite of the greatest cleanliness they are

troubled with a burning and itching, redness and soreness of the parts moistened by the urine. Nocturnal enuresis, or wetting the bed, is a variety of this affection. In some persons the urine escapes involuntarily, in consequence of sleeping too soundly. Some fancy they are using the chamber, and others wet the bed from sheer laziness to get up and urinate in the usual vessel. In such cases, punishment or exposure is the remedy to be adopted. The treatment of this weakness is best left to the care of a competent physician. Children should eat and drink little at supper, and should be made to void urine just previous to going to bed. They should never sleep on their backs, but always on their sides or stomach, etc.

If the affection is owing to excesses, these have to be avoided; and the weakness of the sphincter vesicæ has to be removed by specific remedies.

3. *Bloody Urine*.—This is an affection of advanced age, more common with men than with women. The blood may proceed from various parts of the Uropoëtic system, as the kidneys, ureters, bladder, and urethra, the cause being either general or local. An alteration in the composition of the blood, as a consequence of various diseases, such as scurvy, severe typhus, etc.; or the blood may be passed with

the urine in consequence of the suppression of regular discharges, such as the piles or catamenia.

One half of those who are troubled with bloody urine are addicted to intoxication. This trouble is also one of the consequences of Onanism and sexual excesses.

In treating this disease much consideration is required on the part of the physician, and strict attention to himself on the part of the patient. Spirituous beverages, and self-abuse especially, must be strictly avoided.

4. *Gravel and Calculi*.—These are urinary deposits found in the kidneys, ureters, and bladder. Generally the deposit is composed of small crystals discernible to the naked eye. Sometimes there is a pulverized sediment, containing small calculi. There are several varieties of gravel. It occurs most frequently among those who are addicted to rich living, to the use of meat, strong wine, etc. Cheese, sour food, and sour drinks, favor the development of gravel. The attention of a skillful physician will be requisite in the cure of gravel; but the affection may be materially assisted by a strict diet, with a view to arrest the formation of urates in the kidneys. By refraining from meat, and employing a vegetable diet and refreshing drinks, the gravel diathesis may be gradually mitigated. Any food calculated to

engender acids, or which contains a good deal of saccharine matter, together with wine, especially sour wine, should be avoided.

5. *Stone*.—This is a more perfect degree of the former weakness, the stone arising from the gradual combination of several calculi into one coherent mass. A stone in the bladder will require to be removed by means of an operation, either lithotomy or lithotripsy.

6. *Catarrh of the Bladder*.—The most essential symptom of this disease is the secretion of a considerable quantity of mucus, which is discharged from the bladder together with the urine. It is an obstinate disease, although no actual danger exists except when paralysis takes place, or the urine is absorbed by the blood.

The causes of this affection are numerous and varied. Old people are particularly liable to it; men more than women.

Individuals addicted to a luxurious mode of living, to the use of spirits; literary men, tailors, shoemakers, etc., are especially liable to the disease.

Sexual excesses, Onanism, abuse of certain kinds of beverages, such as new beer, new wine, strong claret; the use of cantharides, turpentine, etc., may likewise lead to this trouble. A radical cure is seldom effected. The most that a physician can do

is to make the patient as comfortable as possible, by carefully regulating the diet and regimen.

There are many other complications of the diseases of the urinary organs, which are not of sufficient interest to the general reader to be particularly noticed in the present volume. It is important, however, to remark that in the treatment of SPERMATORRHŒA the urine should be examined with great care, particularly the last drops of the fluid, which will be found distinguished by the following characteristic phenomena. At the bottom of a transparent vessel, we perceive small globular bodies or flocks of a somewhat shining exterior. After filtering the liquid, these flocks, and the *spermatozoa*, (or *animalculæ* subsisting in the semen) remain behind on the filter. To the naked eye, the globules appear of different sizes and numbers. They do not dissolve even in boiling water. Alcohol, nitric acid, and a solution of tannin, cause them to coagulate like albumen. Inasmuch as these phenomena likewise take place when the prostatic fluid, which sometimes is discharged together with the semen, escapes, the use of the microscope will be necessary to establish a correct diagnosis. If the alteration of the semen is considerably advanced, these flocks disappear; but the spermatozoa, which are heavier than the urine, fall to the bottom of the vessel. A

valuable diagnostic is the constant formation of a number of crystals of the oxalate of lime in the urine. By means of the microscope we may ascertain the quality, and the numerical decrease and increase of the spermatozoa. If the seminal fluid has lasted a long time, the spermatozoa diminish in number, are imperfectly developed, move about slowly, or are quite motionless. Afterward they shrink to one half or one third of their normal size. If excessive Onanism, or marasmus sets in, the spermatozoa entirely disappear, and in their stead will be found little roundish shining bodies, which are probably undeveloped or imperfect spermatozoa. This kind of semen is devoid of all fecundating power. If an improvement in the condition of the patient takes place, the spermatozoa reappear in the semen, and their reappearance encourages the hope of the ultimate restoration of health, and of the virile powers of the patient.

CHAPTER VI.

OF GENERATION — SEMEN — SPERMATOOZOA — FECUNDATION, ETC.

GENERATION.—SECTION A.

A.—*Generation*.—THE organs of generation are designed for the perpetuation of the race, by the production of successive generations of similar beings. In men, and the higher animals, this function is performed in only one method; namely, by the development of an *ovum* (or egg) in the female, which, when fertilized by the *spermatozoon* of the male, gives origin within itself to a new being—the embryo, if supplied with the requisite nourishment, warmth, etc., gradually evolving itself into the likeness of its parent. This process is formed in a manner essentially the same throughout the animal and vegetable kingdoms. In order that fecundation or conception may take place, it is necessary that the ovum should actually be penetrated by the spermatozoa, and not merely by the seminal aura; and also, that the semen should contain a sufficient number of spermatozoa. (See Plate D.)

Fig. 7.

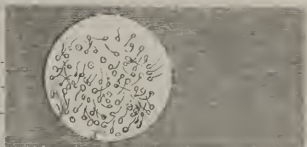
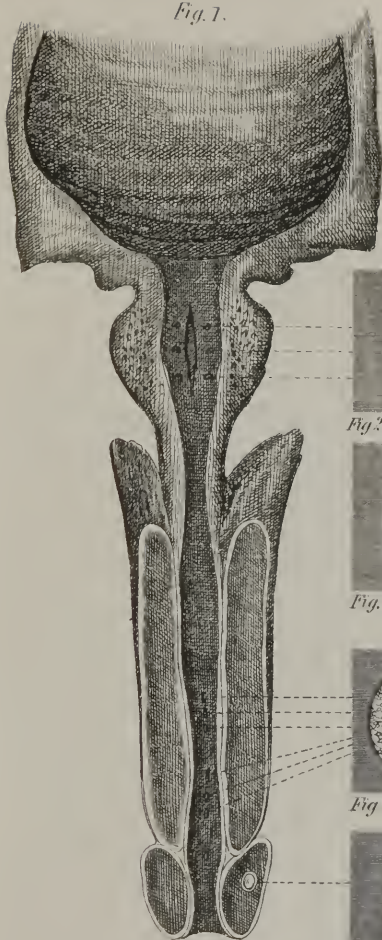


Fig. 2. Microscopical View of Semen & Spermatozoa.



Fig. 3. Spermatozoa in Masturbation

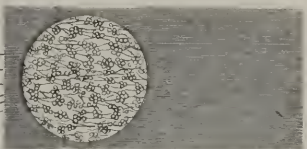


Fig. 4. Gonorrhoeal discharge, magnified



Fig. 5. Syphilitic discharge, magnified.

SEMEN.—SECTION B.

B.—*Semen*.—The spermatic fluid is secreted by the glandular organs known as *Testes*, from the blood which is conveyed to them by the spermatic artery. After this operation has been completed, the superfluous blood is carried back into the circulation by the spermatic veins. This secretion proceeds without our consciousness; yet certain states of the mind excite the testicles to an increased action, far beyond that which they usually possess. Although we have probably only an imperfect knowledge of the changes which the seminal fluid undergoes after it is secreted in the testicles, and before it arrives at the urethra during coition; yet, as every secretion of the human body seems to have a receptacle before it is put to use, it is quite probable that the astonishingly numerous convolutions of the *epididymis*, is *that* especial reservoir. The epididymis itself consists of a canal twenty-one feet in length. Into its lower extremity, where it terminates in the *vas deferens*, is poured a secretion, the special function of which is unknown. The *vas deferens* conveys the semen from the testicles to the urethra during coition. The *vesiculæ seminales*, which secrete another fluid to be blended with the former, also empty themselves, with a sort of pulslike contraction,

into the urethra, from which it is similarly forced in the same manner at the height and crisis of coition.

The *prostate gland*, as well as the *lacunæ* of the *urethra*, secrete a fluid into the urethra by numerous ducts ; and these are supposed to be the parts principally affected in gonorrhœa. This fluid seems to be a necessary part of the semen.

The *urethra*, in all its parts, serves the double purpose of being at once a passage for the urine and the semen, and is lined by its easily distensible membrane, to allow their escape. The small glands under the membrane of the urethra, constantly yield a quantity of mucus to lubricate the parts, and to prevent the membrane from being irritated by the urine passing over it.

The *prepuce* exhibits a curious contrivance of nature. When the penis is in a flaccid state, at which time the sensibility of the glans is not called into action, the prepuce then covers it ; and in this way its delicate surface is most effectually preserved : but when the penis is erect, or when, during coition, the glans is to receive the most exquisite and sensible impressions, the doubling of skin which forms it, in consequence of being only large enough, while the penis remained flaccid, is now gradually drawn back, while the glans is left entirely uncovered. At this period, the prepuce seems, as it were, gath-

ered together with a cord, and fastened down to the outer side of the glans—this cord being termed the *frænum*. The lubricating glands on the inner surface of the prepuce preserve the moisture and sensibility of the glans, and the lubricity they produce is necessary to permit the prepuce to pass backward over the glans, or head of the penis.

ERECTION is produced by the cells of the parts forming the penis being filled with blood, and thus the size and firmness necessary for the purposes of coition are produced. The blood is probably prevented from returning through the veins, by the strong action of the muscles near the root of the penis. The erection is strong in proportion to the quantity of the blood and healthy action of the muscles. By the same distending power also, the glans penis is not only enlarged, but its sensibility is so much increased as to produce, during coition, the very highest degree of the delirium of pleasurable sensation.

The muscles called *erectores penis* are chiefly instrumental, not in the erection, but in the *direction* of the penis. Those termed *transversales penis* assist the *erectores*. While this seems to be one part of their duty, they are also employed, during erection, in preserving the cavernous bodies in a state of distention, as well as the urethra and the ducts situated

near their origin. The *acceleratores urinæ*, while compressing the penis, probably assist as much, if not more, in producing erection, as either of the other muscles.

To return to the *seminal fluid*. When this is secreted by the testes it is thick, tenacious, of a starchish consistency, and of a grayish or yellowish color. It is mingled, during or before coition, as before remarked, with fluid secreted by the prostate, Cowper's gland, spermatic ducts, seminal vesicles, and probably the mucus of the urethra. The semen thus consists of a thin milky, and of a thick, viscid, and albuminous portion. It is obtained *pure* only by drawing it from the testicles.

If the semen be exposed to the air, the fluidity of its elements increases, and a more intimate comingling takes place. The semen spreads a peculiar odor, and has an alkaline reaction. Its chemical constituents are water, mucus, albumen, natrum, phosphate and muriate of lime, phosphorus, and a peculiar animal substance termed *spermatine*.

Very many discussions have taken place upon the nature of the seminal liquor, and the causes which render its too frequent and copious emission productive of such extensive and fearful consequences to the human frame. Physicians and physiologists of all ages, agree in opinion that the loss of *one*

ounce of semen is more debilitating than the loss of *forty ounces of blood!* “The seed of man,” says *Hippocrates*, “arises from all the humors of his body; it is the most valuable part of them.” The fluids from every part of the human frame appear to rush to the genital organs, to give greater effect to the first act of nature. All the powers of the body seem to be suspended, or rather concentrated to one point, during the time of coition. *Galen* says: “When a person loses his seed, he loses at the same time the vital spirit; so that it is not astonishing that too frequent coition should enervate, as the body is thereby deprived of the purest of its humors.”

It has been described by *Aristotle*, as the excrement of aliments, having the faculty of reproducing bodies like that which produced it. Others have described it to be a portion of the brain, and have pointed out certain ganglions, which form the communication between it and the testicles. It is termed by *Plato* a running of the spinal marrow; and by *Epicurus*, it is called a part of the soul and body. *Pythagoras* says it is the *flower of the parent blood*; and *Alcæon* considers it *a part of the brain*.

The distribution of the seminal fluid is said to extend to all the nerves of the body, like the animal spirits of the brain; and again, it has been termed the essential oil of the animal liquors; and

a number of organs are placed in requisition as ducts and channels to convey it from the source to the object of its secretion, as I have already described.

It thus appears clearly, from the complicated machinery employed in the conveyance and distillation of the seminal fluid, that nature has intended its importance to be fully understood by those for whose use and pleasure it was created. Now, in the too frequent and prodigal emission of this liquor, it is manifest, that all this variety of organs must be called into unnecessary action; and in nature, as in art, the constant friction of the minuter parts of the machine must tend to its rapid waste.

“In a healthy man,” says a celebrated writer, “the secretion of this liquor is constantly made in the testicles; it repairs to the reservoirs, the limits of which are very confined, and cannot, perhaps, contain all that is secerned in a day: nevertheless there are continent men, who do not evacuate for whole years. What would become of it, if it did not continually return into the vessels of circulation? a return which is very much facilitated by the structure of all the organs which assist in the secretion of this humor, in conveying it into the proper channel, and in its preservation. The veins are there much more considerable than the arteries; and this in a proportion that is not found so great

elsewhere; so it is probable that this return is not only made in the vesiculæ seminales, but that it previously took place in the testicles, in the epididymes, and in the vasa deferentia."

Haller says: "The semen is kept in the vesiculæ seminales until the man makes use of it, or nocturnal emissions deprive him of it.* During all this time, the quantity which is there detained excites the animal to the act of venery; but the greatest part of the seed, which is the most volatile and odoriferous, as well as the strongest, is absorbed into the blood, and it there produces, upon its return, very surprising changes; it makes the beard, hair, and nails to grow; it changes the voice and manners; for age does not produce these changes in animals—it is the seed only that operates in this manner, and they are never met with in eunuchs."

All this shows that the most distinguished philosophers have, at all times, looked upon the male semen as the most precious secretion of the blood, and have cautioned against the wasteful use of this fluid, as something ruinous to the mind as well as the body. It is, therefore, a great mistake to suppose that *Continence* is detrimental either to the con-

* The vesiculæ seminales are not now regarded as receptacles for semen, but secrete an albuminous fluid of suitable specific gravity for the preservation of the spermatozoa.

stitution of man or of woman. A life of celibacy is *never* a cause of IMPOTENCY or STERILITY! On the contrary, it is the *abuse* of the sexual organs that produces many of the serious "ills to which the flesh is heir," including consumption, nervous complaints, and all the other terrible disorders which make up a very large excess of the mortality of our land.

In a state of *pure* nature, where the appetites are not stimulated by *artificial* contrivances, whether engendered of food or other means, man would have his sexual instincts under natural restraints; but possessing *reason*, he is the more able and bound to govern all licentious promptings, and to conform to Nature's pristine mandates.

SPERMATOOA.—SECTION C.

C.—*Spermatozoa*.—The essential peculiarity of the spermatie fluid consists in the presence of a large number of very minute filiform bodies, only discernible with a high power of the microscope. These are called *Spermatozoa*. They exist in every kind of animal semen, and are so characteristically shaped, that their presence is a sure indication of the character of the fluid. In ordinary cases, the spermatozoa remain in actual motion for some time after they have quitted the living organism. Thus in

cases of nocturnal emission, the spermatozoa may not unfrequently be found actively moving through the urine in the morning. Those contained in the seminal fluid collected from females that have just copulated, are frequently found to live many days. Their presence may be readily detected by a microscope of sufficient power, even when they have long ceased to move, and are broken into fragments; and the physician and medical jurist will frequently derive much assistance from an examination of this kind. Thus, cases are of no uncommon occurrence, especially among those who have been too much addicted to *Onanism* or sexual indulgence, in which seminal emissions take place unconsciously and frequently, and produce great general derangement of health. In charges of rape, in which evidence of actual emission is required, a microscopic examination of the stiffened spots left on the linen will seldom fail in obtaining proof, if the act has been completed. In such cases, however, we must not expect to meet with more than fragments of spermatozoa; but these are so unlike any thing else, that little doubt need be entertained in regard to them.

The human spermatozoa consists, then, of small oval flattened bodies, resembling *tadpoles*! They are between $\frac{1}{600}$ th and the $\frac{1}{300}$ th of a line in length, from each of which proceeds a long filiform tail,

gradually tapering to the finest point of $\frac{1}{30}$ th, or at most $\frac{1}{40}$ th of a line in length. If magnified to three or four hundred times their original size, in the recent semen, they move about very briskly in every direction; they agitate their tails, and even avoid small obstacles in their course. Such movements are not checked by the admixture of the seminal fluid with other secretions, such as the urine and the prostatic fluid. The duration and liveliness of these movements, however, depend upon the strength of the individual from whom the semen comes. The strength or debility of these spermatozoa indicates a higher or lower degree of fecundating power. They first show themselves at the age of pubescence, and probably disappear again with the complete extinction of the sexual power. The complete absence of spermatozoa in the seminal fluid, indicates an inability on the part of man to fecundate the female ovum.

FECUNDATION.

The power of procreation does not usually exist in the human male, until from the age of 14 to 16 years; and it may be considered probable that no spermatozoa are produced until that period, although a fluid is secreted by the Testes. At this epoch, which is ordinarily designated as that of

Puberty, a considerable change takes place in the bodily constitution: the sexual organs undergo a much-increased development; various parts of the surface, especially the chin and pubes, become covered with hair; the larynx enlarges, and the voice becomes lower in pitch, as well as rougher and more powerful; and new feelings and desires are awakened in the mind. Instances, however, are by no means rare, in which these changes take place at a much earlier period. The full development of the generative organs, with manifestations of the sexual passion, have been observed in children of but a few years old. The procreative power may last, if not abused, during a very prolonged period. The ordinary rule seems to be that sexual power is not retained by the male to any considerable amount, after the age of 60 or 65 years. Undoubted instances, however, of virility at the age of more than 100 years are on record.

Thus we find that the genital organs, during life, present two states, which may be termed the frigid zones of existence, and are manifest in childhood and old age. The infant has nothing to give, and the old man has given all he ever had. Immaturity of age and innocence are causes of want of erections. This doctrine, however, as before remarked, admits

of exceptions, as children have been precociously developed before their fourteenth year.

A boy, aged seven years, a native of the Department of Lot, was so far developed as to make a furious attack upon a female child, and deprive her of that she could never regain.

ST. GREGORY relates of a boy nine years of age, who had a child by his nurse; and ST. JEROME says that he had heard the same thing of a boy of ten.

On the other hand, a Frenchman, aged ninety-nine years, married his tenth wife, and was a father at one hundred and two.

THOMAS PARR married at one hundred and twenty; and performed nuptial duties so well at one hundred and forty, that he even forgot that he was an old man.

PLINY says that *Masinissa* had a son born to him after he was eighty-six years of age, and that CATO, the senator, had one at the age of eighty. SAVONAROLO asserts, that *Nicholas de Palavicinis* had a son in his hundredth year. ALEXANDER BENE-DICTUS knew a German who had one in his ninetyeth; and LEMNIUS mentions another, who, at the age of one hundred, married a woman of thirty, and had a numerous offspring by her. The celebrated physician, FELIX PLATERUS, who died at Basle, in 1614, says, his father married when he

was seventy-two years old, and had six sons; and at the age of eighty-two his wife bore him a daughter. He mentions, also, that his grandfather had a son in the hundredth year of his age.

The faculty of generating disappears at forty-five or fifty in the female, though there are many exceptions to these general rules.

VALESCUS DE TARANTA knew a woman who had a child at sixty-seven; and CARDAN mentions another who had a child when she was more than eighty. PLINY says that CORNELIA, of the family of the *Scipios*, brought forth a child in her sixty-second year, which child was afterward the Consul *Volusius Saturnius*.

Father DUTERTRE knew a savage Carribean woman at Guadaloupe, who had a child when she was eighty years old; and he speaks of another woman who became pregnant when she was one hundred years old!

In conclusion of this subject, it is proper here to remark, that there are many persons who do not feel sexual desires until a late period of life; the consequence is, the organs themselves are not only imperfectly developed, but the body and mind are also retarded in the same way. Sometimes the long-suppressed feelings will receive a sudden stimulus, from seeing some person of the opposite sex particularly

adapted to make this desired impression upon their minds. Every person of experience very well knows that a certain impression must be made on the mind, before the animal feeling is experienced, or the physical development takes place, for there are many of the opposite sex who excite disgust, and under such circumstances the certain feelings for enjoyment would not only not be produced, but if age, with the necessary favorable circumstances, had not already caused a full development of the organs, there would be great danger of their ever fulfilling Nature's intentions. This at once explains to us the reason of so many of those distressing cases of indifference and dislike to be met with between parties, and be a partial aid in giving the necessary treatment.

There are good reasons for supposing that the sexual instinct is materially dependent upon a particular part of the brain, though we are not exactly certain what part it is, nor whether it is a mere development of it that is needed, or some peculiarity of structure or organization. It is not all uncommon to find men perfectly organized in every respect, with vigorous minds, and with every other faculty in full play, but yet almost wholly destitute of desire for sexual enjoyment. In most of these cases, it is true, the generative organs are small or inactive, yet in some they are of full development,

healthy, and active. In such cases we can only account for the singular indifference exhibited, by supposing that the part of the brain which regulates the reproductive instinct has not had sufficient power, or else the senses have not been properly presented. In the same way, we can account for the influence of the brain and nervous system on the generative organs.

As I have before stated, the genital organs are so intimately connected with the rest of the system, that the slightest derangement of them affects it, more particularly as some parts are in common with the urinary; the rectum also is in close juxtaposition to them, so that any disease that affects the genital organs is very apt to disarrange all these likewise, and it is very probable this second affair may be more severe than the first one. Some remarkable cases of this character will be presented in the course of this volume.

CHAPTER VII.

SEXUAL CONGRESS, OR THE ACT OF COPULATION.

SEXUAL congress is necessary in order to fulfill the wise and beneficent purposes of the Creator. He has instituted certain laws in the universe, which are made obvious to man by the causes and effects which are in operation around him. Thus, it is a law of Nature that all bodies are attracted toward the centre of the earth—that the sun causes light and heat—that things like each assimilate: water blends with water, oil with oil, clay with clay, clouds with clouds, and “birds of a feather flock together.” It is in accordance with this feeling, that animals are attracted toward other animals of their species and genus. It is a feeling, passion, or instinct necessary to the procreation and perpetuation of every creature or thing.

In man the feeling is usually stronger than the judgment, and it is requisite for the continuance of the species that it should thus be a paramount principle of his organization. “Multiply and replenish the earth,” is a Divine law that may not be violated,

without a more or less vitiation of the *progressive* ordinances of Nature. It has been well observed that man parries reason—avoids future interest for the sake of present pleasure. The love of sex is a sun against whose melting beams winter cannot stand. It is a soft, subduing slumber, which wrestles down the giant—a passion which, perhaps, not one human being in a million is hardened against, or able to resist and overcome.

The object of the sexual act on the part of man is to discharge the semen into the sexual organ of the female, and on the part of the woman to receive the seminal fluid. The sexual delight which precedes the act, increases in proportion as the contact of the sexual organs become more intimate. Its more certain fulfillment is attended with a considerable degree of pleasure—oftentimes with an ecstatic thrill, which it is impossible to describe, prostrating the body and soul in a very delirium of rapturous impulses.

By merely touching the mammæ or breasts of the female, both the mammæ and the penis sometimes become erect; the woman experiences shooting stitches in the bosom and abdomen, palpitation of the heart, trembling, chills, etc. Excitable or debilitated females are even seized with convulsions. The penis and the tissue of the clitoris become erect, and the

constrictor muscle of the vagina dilates its orifice and changes it to a rounded opening.

On inserting the penis into the vagina, the nerves of the clitoris are first touched by the glans, and the sexual delight is increased. The male organ penetrates onward under the clitoris, until the whole space of the vagina is filled up—the sensation of delight being the more intense in proportion to the contraction of the vagina about the penis, and its enlargement with the abundance of seminal fluid, or the flow of blood to the minute capillaries of that organ.

The sexual delight is even increased by the rupture or tearing of the hymen. The narrowness and pleasant temperature of the vagina, its prominences here and there, caused by the *rugos*, or wrinkled nature of the mucous membrane, or internal wall of the vagina, facilitate the friction of the penis so as to increase the pleasurable excitement to the highest degree, which terminates in the male with the emission of the semen—and in the female after the penis has been withdrawn, or the penis has become relaxed. The emission takes place involuntarily by the contraction of the ejector muscles; after the emission is terminated, the stimulation of the nervous tissues generally ceases, as well as the afflux of blood to the arteries of the penis; the

blood again flows backward through the veins, and the penis becomes relaxed. The erection of the clitoris likewise ceases; while there is also, soon after, a collapse, or return of the tube of the vagina to its normal condition. This sexual orgasm is frequently succeeded by languor, drowsiness, sadness, irritable mood; hence the proverb: *Omne animal post coitum triste*;" after coition, every animal feels out of humor.

In order more fully to understand all the peculiar phenomena involved in the sexual embrace, it will be necessary to present an outline idea of the formation and structure of the female organs of generation, and their functions or uses.

In action, the *ovaria* have been supposed to resemble the testicles of the male. When they are extirpated in consequence of disease, the woman ceases to menstruate, her breasts become flat, and she is thinner and more masculine.

The *Fallopian* tubes are intended to transmit the semen to the ovaria, and to return the ovum to the *uterus*. The canal of these tubes is irregular, being at its entrance into the uterus so very small that it is scarcely capable of admitting a hog's bristle; but toward the ovaria (or sacs containing the ova or eggs) they become wider. Their common length is three inches, but they vary in different women.

The uterus, or womb, in its impregnated state, or rather before the female has had children, is incapable of containing more than the kernel of a small hazel-nut, and its sides remain in contact. It is of triangular shape and divided into three portions, each having its use, not necessary now to be explained.

The *Vagina* is the tube or canal which stretches from the external orifice of the uterus to the external parts of generation. It is named vagina from its receiving the penis like a sheath. This canal is generally six or eight inches long, and about an inch and a half wide; but is of various length, as well as width, in different women. Its sides lie in contact. It is capable, especially by the indulgence of lascivious thoughts, or in time of coition, of considerable contraction and relaxation. It is of a membraneous texture, exquisitely sensible, full of rugæ or folds in those who have not copulated very frequently, or who have not been subject to frequent child-bearing. The vagina, though firm in youth, becomes flaccid in old age.

The *Hymen* closes the orifice of the vagina in infancy and childhood, and even in those more advanced in years, if they have never been married. Imperforated hymen occasions much distress. It causes pain of the back, headache, and general in-

disposition, and these abate and return at the end of each month. Immense quantities of secreted liquors are sometimes collected behind such obstruction, giving an appearance similar to that of pregnancy, and suppositions even of such a state when the unfortunate female was not in a condition in which she could possibly be so. In some, the hymen is so very strong, that even the most vigorous efforts of the male is quite ineffectual in rupturing it.

The *Clitoris* is placed at the upper part of the external parts of generation. The usual size of this body is somewhat less than the point of the little finger. It is, however, much larger, in proportion at birth; and in various instances of adults it resembles the male penis. It is larger in *Simiae* than in women, and larger in the negress than in women of other races. There are other portions which will not here require to be particularly mentioned.

In recapitulation, the *Uterus* is the receptacle for the semen, is destined to give adhesion to the ovum, and is the proper nidus (or capsule) in which the embryo is deposited to be nourished during the months of gestation. The *vagina* is at once the mere external organ of generation in the female and forms the passage of the fetus at the period of parturition. The excretory glands, placed immediately under the membrane of the vagina, are principally for

the purpose of separating a mucus matter, particularly during copulation, for the lubrication of the parts. By these glands the discharges in leucorrhœa and gonorrhœa, are produced. The *nymphæ* seem to direct the stream of urine; and, in addition to the divided portion of the clitoris, aid in closing the vagina, and in time of coition also to grasp the penis. They are exquisitely sensitive, and being very vascular, are apt to become erect. They also serve the purpose of folds, which, in time of coition, are calculated to afford mutual pleasure, and which during parturition are capable of great distension without laceration. From the delicate structure of the *clitoris*, and its extreme sensibility, it is the principal seat of pleasure during coition. When titillated it becomes erect; and the portion of it which runs around the margin of the vagina, swelling it, grasps the penis. Indeed, as before remarked, the penis of the male and the clitoris of the female seem, in some respects, to resemble each other. They are both possessed of similar sensibility, are both capable of erection, and each of them can support these states till the action excited during coition alters the sensation.

A very ridiculous notion is not unfrequently entertained, that the venereal paroxysm in the female terminates by an emission of semen. The impossi-

bility of such an occurrence is evident, when we recollect that a female has no seminal vessels. That a peculiar sensation is produced in the female, which terminates the paroxysm, is certain, as well as that there is a considerable discharge of lubricating fluid, but that can alone proceed from the secreting mucous glands.

In another place we have described the male organs of generation, and it is only necessary here to observe, that the prepuce of the penis performs an important part in increasing the pleasures of the sexual act.

Mr. PAGET, a French author, thinks that the prepuce is of importance in exciting the reflex action. He says, in substance :—

“The function of the prepuce in the act of copulation is explicable on the principle that, other things being equal, the force of a reflex act is directly proportionate to the force of the incident impression which it follows. For instance, the contraction of the pupil is a measure of the intensity of the impression of light on the retina; the quantity and rapidity of secretion of saliva is proportionate to the quantity and strength of an irritant taken into the mouth; and so in numerous instances. In like manner, the energy of the secretion and expulsion of the seminal fluid, during copulation,

will (other things being equal,) be proportionate to the quantity of highly excitable surface which is stimulated in the act. The mucous membrane of the prepuce, naturally reverted during copulation, supplies a large extent of highly-excitable surface; and the stimulus of its nerves, added to that of the nerves of the glans, increases the force of the incident impression on the spinal cord (and brain), and thus increases, in the same measure, the force of all the reflex acts. The importance of the prepuce, in this view, may be estimated by the difference between the sensibility of its mucous membrane and that of the common integument of the penis, or that of such a scar as may remain after circumcision."

This distinguished physician is doubtless right in the abstract; yet I am of the opinion with Mr. ACTON, that the prepuce in man (at least in the present day,) is the cause of much mischief, and that we could well spare that organ. As affording an additional surface for the excitement of the reflex action, this fold of membrane aggravates an instinct rather than supplies a want. In the unmarried, it additionally excites the sexual desires which it is our object to repress. Its existence, no doubt, during the sexual congress, does give additional pleasure; indeed, as age advances, it may be even necessary to copulation. Without the prepuce there

might be a difficulty in exciting the flagging powers. It is not excitement, however, but restraint which we require.

It must be admitted, that in all animals having a prepuce, it not only protects the delicate glans penis from injury, but enables the intromittent organ of the male to be brought into an erect state, by yielding to an extent that is not required in the human being. For instance, according to the "Physiological Cabinet," by OWEN, the coitus in the kangaroo, and probably in other marsupials, is of long duration; while the scrotum during the act disappears, and seems to be partially inverted during the forcible retraction of the testes against the marsupial bones.

In monkeys there is no frænum, and this doubtless serves some good purpose, of which we are not yet aware. I repeat, man, in a state of nature, and the lower classes of civilized society, receive thorough protection from the foreskin; but to the sensitive, excitable, civilized individual, the prepuce often becomes an additional source of mischief. In the East, the collection of the secretion between it and the glans causes irritation and its consequences; hence the origin of circumcision. No doubt the existence of the foreskin predisposes to many forms of *Syphilis*. It may well be believed that the excessive sensibility

induced by a tight and narrow foreskin, and the difficulty of withdrawing it, is often the cause of emissions, masturbation, or undue excitement of the sexual desires, which it becomes very difficult for the sufferer to endure. The pleasure in the copulative act among Jews, or those who have undergone circumcision, can scarcely be in a less degree than that which is experienced by the uncircumcised, although there is no decisive proof to decide the question. The circumcised, at least, do not complain in this regard. At any rate, whatever opinion may be entertained in respect to the importance of the prepuce, no one will pretend to deny that the act of copulation is necessary in order to the reproduction of the species, whether of the human or otherwise.

I have thus explained the form and structure, and separate functions or uses of the male and female organs of generation, as preparatory to the right understanding of their united functions in the sexual embrace.

UNITED FUNCTIONS OF THE MALE AND FEMALE GENERATIVE ORGANS.

While reciprocal notions of beauty are doubtless excitements to this embrace, perhaps no portion of the female figure so greatly attracts the male as the mammæ (or breasts), when fully developed and finely

formed. It is these fine forms which the male first receives in his arms, and presses nearest to his heart. Their perfect development is then important, not only in this point of view, but as indicating a disposition to and a fitness for sexual pleasure. Hence in hot countries, where these pleasures are the chief pursuits of life, a very large bosom is deemed essential to beauty. Long mammæ are regarded as beautiful in Africa, and therefore the women of that country elongate them by art. The musky odor, also, of the arm-pits and generative parts, (and they are perfectly musky in cleanly persons of warm temperament) is a powerful stimulus to sexual love.

In various temperaments this passion is very differently modified. The sanguine, being more voluptuous, love amorous preludes. The bilious are under the influence of an erotic fury, which is as great as it is quickly exhausted. The melancholic burn with a secret and more constant flame; while the phlegmatic are cold and insensible.

In the act itself, as before intimated, the penis, fully erect and introduced into the vagina, is grasped by the tensor vaginae muscle, which at that moment is sympathetically excited, and possessed of the strongest contractile power; while the clitoris, being also erect, and possessing an exquisite sense of touch,

is the source of much delight to the female. In this operation, as in all impressions on the organs of touch, it is not one and the same contact, but a repetition of contacts, which communicates pleasure. This is also the case with taste and with odors, the removal and reapplication of which is essential to pleasure, and even to sensibility. Hence, in coition, the male and female ultimately withdraw and approach in manners which are modified by the sensibility, the disposition, the tastes, and the experience of each.

At this moment, also, the expression of each countenance is modified by the same circumstances. The courtesan betrays herself either by playing with her necklace or ringlets, or by affecting an ardor, which, from the want of nature and truth, it is evident she never knew or has long forgotten. The cold woman adds, perhaps, to a moderate degree of this affectation, one evanescent emotion when the paroxysm reaches its crisis. The warmer, but yet experienced woman, tries to conceal her sensibility and fixes her features; but, awhile before the crisis of the passion, that fixity becomes contraction of the features, and their paleness betrays her interior sensation. The voluptuous woman, who surrenders herself to the passion, is at the first warm, blushing, yielding, and free from constraint;

successively and gradually increasing chills soon take the place of the flush; the features seem to contract as well as to become pale; the eyelids drop over the eyeballs, which are convulsively drawn upward and inward, while the lips are half opened.

At the crisis of the passion in both sexes, the motions of the body are vivid and violent; the whole frame trembles convulsively; the heart beats against the breast; in a moment the muscles yield under the weight of pleasure. Even intelligence seems extinct; or rather the whole sensibility is concentrated in one point, where the muscles of the generative organs undergo a spasmodic constriction. In the male, the semen is then projected into the uterus by spasmodic jerks, which are repeated as long as there is any semen to be expelled; while in the female the increase of pleasurable sensation, excited at this moment, causes the fimbriated extremities of the fallopian tubes to grasp the ovaria within which an ovum is possibly burst, and an albuminous drop, thus disengaged, consequently descends along the fallopian tube into the uterus, where meeting with the male semen the future embryo is formed. The female generally experiences a shivering—a voluptuous horripilation, etc. Generally all the symptoms of this real epilepsy disappear, and the mind and body remain equally languid.

There have been many examples of persons who have died during the union of the sexes from excess of the venerous passion, and the same has been observed among insects. Frogs, during this act, do not quit each other; nay, do not cease, though their limbs be cut. Butterflies seek to couple, though their heads are cut off, and they are impaled with a pin. Others seek to fecundate their dead females. Thus, reproduction is an imprescriptible law of all animals, or rather of all organized beings.

Some have asserted that the copulative pleasure has more extensive relations in woman than in man. It would require a new *Tiresias* to determine this point. However, this opinion is probably correct, because the generative system is not only more extensive in woman than in man, but is more intimately blended with her nature, and more powerfully modified by her structure and her functions; and because, at the same time, her sensibility is greater. Indeed, I would contend, that without such pleasure no conception is possible. Whenever, therefore, a woman becomes a mother, it is most probably the result of her spontaneous act.

CHAPTER VIII.

SEXUAL COMMERCE OF INFERIOR CREATURES.

OF late years men of the highest ranks in science, have given much attention to the laws of Fecundation and Reproduction in the animal and vegetable kingdom. In connection with the subject-matter of the foregoing Chapter, it will be proper to present some curious facts, gleaned from the great volume of Nature, in respect to the *modus operandi* of the sexual congress of animals, insects, etc.

In the fish, sexual congress does not take place. The female simply deposits her spawn in favorable places. This the male passes over, and thus fecundates the ova by emitting those immense quantities of milt, with which every body is acquainted, in the shad, soft-roed mackerel, or herring—that are caught at certain seasons of the year in such profusion, when frequenting shoal or secluded places, for the purpose of depositing the heavy burdens borne by both sexes.

In many the act of erection lasts but a short time. In the dog, when the penis is introduced into the

vagina of the bitch, the organ becomes suddenly enlarged, so that the animal is unable to withdraw from connection for a long time. This, according to RICHERAUD, depends upon the absence in the dog of vesiculæ seminales; and as the semen passes but drop by drop, impregnation would not occur had not Nature ordained such prolonged copulation. We must recollect, however, if the dog has no vesiculæ he has a very large prostate, which facilitates the discharge of the seminal fluid, and its passage to its proper receptacle in the female animal.

In some animals copulation takes place with wonderful celerity. The coitus of stags is effected in a few moments. Such is the case with the giraffe. One sexual congress suffices for the perfect fecundation of the female.

All *knotted* animals are a long time in connection. The fox has the same enlargement of the penis as the dog; hence the same duration of the copulative act.

The boar-pig takes his time very leisurely—his penis being of a corkscrew shape; whence, also, perhaps emission does not take place rapidly.

That the erect penis should fill the vagina and distend it, seems necessary to the full excitement of the female sexual feelings. It appears from the following, given by RYMER JONES, in his "General Out-

line of the Animal Kingdom," that Nature, ever bountiful, has given to certain classes of animals an apparatus which deserves the attention of the surgeon and physiologist. He says:—

"In the guinea-pig, no one will be disposed to deny that the penis is an instrument of excitement. It is strengthened by a flat bone that reaches forward as far as the extremity of the glans, beneath which is the termination of the urethra; but behind and below the orifice of this canal is the opening of the pouch, wherein are lodged two long horny spikes. When the member is erect, the pouch alluded to becomes everted, and the spikes are protruded externally to a considerable length. Both the everted pouch, and the entire surface of the glans, are moreover covered densely with sharp spines or hooklets; and as though even all this were not sufficient to produce the needful irritation, still further back there are, in some species, two short and strong horny saws appended to the side of the organ. From this terrible armature of the male cavys, it would be only natural to expect some corresponding peculiarity of the parts; but, however inexplicable it may appear, the female vagina offers no uncommon structure."

Every body must be cognizant of the caterwauling which takes place at night, or early in the morn-

ing, in the streets of our cities; but few, perhaps, are aware of the cause. Those who have watched the animals, assure us that the cries are during the act of copulation. The noise proceeds from the she-cat, and in the opinion of some naturalists arises from the tortures she experiences. In the Museum of the College of Surgcons, of London, Mr. QUEKETT has preserved the penis of a young tom-cat, which Mr. OWEN describes in his catalogue. The "penis of a cat shows the reverted callous papillæ of the glans," which is covered with spinous-looking elevations, which is supposed to give the female exceeding pain. They disappear in the old Tom.

In my judgment it is intense pleasure, rather than pain, which causes the cries and seeming anger of the female cat. As in the guinea-pig, the rugous state of the male organ, most probably excites not *anger* but delight, notwithstanding the speedy separation of the lovers, which always ensues. Like a bitch, the she-cat will allow herself to be lined very frequently; but in a few days, they will both snap at the male and refuse his attentions.

Mr. THOMPSON, Superintendent of the London Zoological Garden, corroborates the statement, that in the feline race it is the female that makes the noise. He notices it as occurring constantly in the

leopards, tigers, lions, &c., and as presaging the conclusion of the sexual act.

In certain birds, the copulative act is only requisite once in the season. In some parts of the countries of England and Ireland, it is customary for poultry women to keep but one turkey hen, which is sent distances to the cock only once in the season, yet all the eggs she lays during the year are fertile ones. In such a case all the eggs must be impregnated at once, or the spermatozoa be hoarded up in the cloaca till they are required. I can see no reason why spermatozoa might not live some time on the mucous membrane, which is not exposed to the air. Birds have no spermatheca, such as is found in the bee, for instance.

Certain animals, called hermaphrodite, have perfect male and female organs in the same creatures, yet are not self-impregnating. The leech, for instance, requires for fecundation the sexual congress of two animals. This same peculiarity is found in snails. The copulative act of these creatures is thus described by RYMER JONES.

“The manner in which snails copulate is not a little curious, their union being accompanied by preparatory blandishments of a very extraordinary kind, that to a spectator would seem rather like a combat between mortal foes than the tender ad-

vances of two lovers. After sundry caresses between the parties, during which they exhibit an animation quite foreign to them at other times, one of the snails unfolds from the right side of its neck, where the generative orifice is situated, a wide sacculus, which, by becoming everted, displays a sharp daggerlike speculum, or *dart*, attached to its walls. Having bared this singular weapon, it endeavors, if possible, to strike it into some exposed part of the body of its paramour; who, on the other hand, uses every precaution to avoid the blow by steadily retreating into its shell. But at length having received the love-inspiring wound, the smitten snail prepares to retaliate, and in turn uses every effort to puncture its assailant in a similar manner. The darts are generally broken off in this encounter, and either fall to the ground, or else remain fixed in the wounds they have inflicted. After these preparatory stimulations, the snails proceed to more effective advances. The *sac* of the dart is withdrawn into the body, and another sacculus is, by a like process, protruded from the common aperture, (every individual is hermaphrodite, possessing perfect male and female organs). Upon the last organ two orifices are seen, one of which leads to the female generative system; while from the other a long and whitelike penis is slowly unfolded, being gradually everted, like the finger of

a glove, until it attains the length of an inch or more; and then each of the two snails, by inserting its penis into the female aperture of the other, impregnates its partner, and is itself impregnated at the same time."

The ram will tup from fifty to eighty ewes in a single night. In this animal the act is of momentary duration. Like a battery, it soon exhausts itself, and all is quiet.

The copulative act in the bee has lately occupied the attention of naturalists; and in the recent work of SIEBOLD, translated by DALLAS, entitled, "On the True Parthenogenesis in Moths and Bees," the following very interesting account is given of the act in these insects:—

"It would appear that, whilst in the higher animals the male is the perfect and ruling creature—the bull keeps together, and, as it were, governs the herd of cattle, and the cock does the same by the hens—the reverse of this takes place in insects. In the wasps, hornets, humble-bees, ants, and especially in the bees, the perfect female forms the central point, and holds the swarm together."

Copulation never takes place in the hive. When the queen takes her wedding flight in fine warm weather, she makes her selection of a male bee, (drone) and the act takes place in the air. It is very

quickly completed, whereas other insects may remain for days united in copulation. When the queen returns to the hive after this single copulative act, the external orifice of the sexual apparatus, which was kept closed before the flight, stands open, and the torn male copulative organ remains sticking in the vagina, and partly protrudes from it. This eunuchism, SIEBOLD says, not unfrequently occurs in other insects, as in the beetles, or glow-worms. In the particular case examined by SIEBOLD, the seminal receptacle (spermatheca), which is empty in all virgin female insects, was in this queen filled to overflowing with spermatozoids.

“In the copulation of the queen the ovary is not impregnated; but this vesicle, or seminal receptacle, is penetrated or filled by the male semen. Thus the enigma is at last explained, how the queen can lay eggs in the spring when there are no males in the hive. The supply of semen received during copulation is sufficient for her whole life. The copulation takes place once for all. The queen then never flies out again, except when the whole colony removes. When she has begun to lay, we may without scruple cut off her wings: she will still remain fertile until her death.”



The Onanists and their Child.

P A R T I I .

FUNCTIONAL DISORDERS.



CHAPTER I.

SEXUAL EXCESSES.

SEXUAL Excesses have been common in all ages of the world. The refinements of sexual lusts seem to have been even greater among the ancient nations than the modern. The Bible furnishes abundant accounts of the sensuality of the Asiatic and African nations. The vices of Sodom and Gomorrha; the excesses of Ruben, Juda, and of Thomar,—who may be set down as the mother of prostitutes,—of Potiphar, Absalom, and even of the wise Solomon, who kept a harem of a thousand women, are cases in point.

The ancient Egyptians were celebrated for their sexual excesses. The pyramid of *Cheops* was constructed by the lovers of the daughter of that king,

as a reward for her favors. Of the wild excesses of Cleopatra whole volumes might be filled. The temple of Isis in Egypt was the central locality of all the excesses of the priests. In the temple of Belus at Babylon, at Thebes in Egypt, and at Patares in Lydia, it was the gods, or rather the priests, who honored the young maidens with their favors. There are devotees yet in Egypt to whom women expose themselves in public, in the belief that their conduct is well-pleasing to God. There was a law in Babylon which obliged every maiden in the country to expose herself to a stranger, once in her lifetime, in the temple of Venus. The women of Carthage and Tyrus had to submit to a similar prostitution, and the money which they earned by this degradation was their wedding present. The women of Lydia obtained their bridal gifts by similar means; and the women of Armenia were not deemed fit to be married until they had been prostituted by some stranger in the temple of Diana Anaïtis.

The ancient Babylonians, Medes, and Lydians, were celebrated for their debauched manners; but the licentiousness of the Persian kings transcended every thing that history has recorded of human immorality. The most beautiful and most fascinating girls were sent to the Persian kings from every pro-

vince of their vast empire. These girls had to anoint themselves with salves, balsams, and myrtle, before they could be admitted to the honor of sharing a nightly debauch with their masters. Even their own daughters and sisters became the concubines of the Persian kings.

Who has not heard of the debaucheries of the ancient Greeks and Romans? Who has not heard of those bacchanalia during which young girls, in a state of intoxication and singing amorous songs, half naked and dishevelled, committed the most horrible orgies with men disguised as satyrs and shamelessly exposed?

In the time of *Pericles*, there appeared and flourished at Athens a class of females who gloried in their wild excesses. In the Greek colonies of Asia, temples were erected to the *earthly* Venus, and courtesans not merely tolerated but honored as priestesses of that condescending divinity. The wealthy and commercial city of Corinth was a nursery of courtesans. In the temple of Venus, as we are told by *Strabo*, there were no less than a thousand beautiful damsels, who, to gain the goddess's favor, prostituted themselves for hire. Hence arose the saying, "to act the Corinthian is to commit fornication." These courtesans admitted none to their embraces, as we learn from *Aristophanes*,

but such as could deposit a considerable sum of money for the favor.

Beauty and talents often raised great estates. A remarkable instance is that of *Phryne*, who offered the Thebans to rebuild the walls of their city, when demolished by *Alexander*, on condition they would engrave on them this inscription: "*These walls were demolished by Alexander, but raised by Phryne the Courtesan.*"

It is said to have been at the feast of Neptune, that Phryne, in the presence of all the people of Eleusis, went naked into the sea to bathe; and that it was from that public exhibition of so beautiful a woman, that *Praxiteles* framed his immortal sculpture, and that *Apelles* made his admirable picture of Venus Anadyomene. The Venus of Praxiteles, modeled from Phryne, excited the most remarkable enthusiasm among the Greeks. They fancied the marble moved; that it seemed to speak; and their illusion, says *Lucian*, was so great, that they ended by applying their lips to those of the goddess. In the celebrated city of Gridus, that statue of Venus, the most beautiful of the works of Praxiteles was worshiped. It was placed in a small temple, open on all sides; so that in whatever point of view it was examined, it excited equal admiration. No drapery veiled its charms; and it was

of such uncommon beauty, that it inflamed with a violent passion another *Pygmalion*, who, in the dark, endeavored to animate a cold and insensible representation of a most fascinating woman, and there left traces of a mad profanation.

The prostitute and public dancer, *Colytto*, was worshiped in Athens as a goddess, under the name of Venus Popularis. She was honored by nightly orgies, under the direction of her priests. The companions of the renowned *Aspasia* served as models for paintings and statuary. Hence it was, that whenever a beautiful woman appeared, her name was in every mouth, from the extremity of Peloponnesus to the confines of Macedonia. The fermentation spread like a contagious flame. Husbands could not be restrained by the caresses of the most tender wives, nor sons by the threats of their imperious mothers. The whole nation was prostrate at the feet of *Laïs*; and while Greece triumphed over the armies of Persia and the treachery of Sparta, it was totally subdued by the courtesan of Sicily. In Athens, the number of brothels was incredible. *Solon* found it necessary to allow the courtesans and prostitutes to enter the temples and forums for the purpose of public prostitution.

Public depravity was still worse in ancient Rome.

Augustus committed incest with his own daughter. Every Roman lady, married or single, sought the honor of a debauch with the emperor. They had first to undress themselves, in order to have all their secret charms or defects examined before admitted to the imperial favor. *Caligula*, as well stated by *Seneca*, was the greatest monster that ever sat on a throne. He is charged by *Seneca* with having committed incest with all his sisters, even in the presence of his wife, and while eating his meals. He took women from their husbands at his fancy, and turned them adrift on satiety of his beastly propensities. His palace was a brothel, where the most horrible excesses were committed. He even boasted of being the king of vice. The great *Cæsar* was scarcely less infamous in his lechery and sodomy. *Messaline*, wife of the imbecile *Claudius*, surpassed every woman of her time in vile licentiousness. *Juvenal* says of her: "Dressed in vile clothes, she entered a chamber in a public brothel, and under the name of *Lyciska*, exposed her body, that had borne the magnanimous *Britannicus*, in order to gratify her lustful desires." *Nero* went even so far as to violate the person of a *Vestal*, a crime which the superstitious Romans would not forgive their emperor *Heliogabalus*.

The monks and nuns of the early periods of

Christianity were as much addicted to debauchery as the Greeks and Romans had been. Indeed, so horrible were their excesses, that *Charlemagne* had to arrest them by stringent edicts. Among others was the following:

“ We have been informed, to our great horror, that many monks are addicted to debauchery and all sorts of vile abominations, even to unnatural sins. We forbid all such practices in the most solemn manner; and hereby make known that all monks who indulge in the gratification of such lusts, will be punished by us so severely that no Christian will ever care to commit such excesses again. We command our monks to cease swarming about the country; and we forbid our nuns to practice fornication and intoxication. We shall not allow them any longer to be whores, thieves, murderers, and so forth; to spend their time in debauchery and sing improper songs. Priests are herewith forbidden to haunt the taverns and market-places for the purpose of seducing mothers and daughters,” &c.

Among the many specific forms of a depraved sexual appetite, the so-termed *Lesbian Love*, is perhaps the most degrading and hideous of all others. Surely, if it be a horrible practice for men to gratify the lusts in filthy embraces with one another, or with beasts, as in Sodomy and Pederasty, how much

more revolting and disgusting is it to see women approach each other for the purpose of quieting their wild desires by the most unnatural intimacy! Sexual depravity cannot possibly reach a lower level.

This vice derived its name from the Island of Lesbos. It is said to have been practiced by the celebrated poetess *Sappho*. She rendered herself famous, not only by her amorous songs, but by her licentious excesses, including the Lesbian vice which she helped to spread. The practice is still prevalent in modern Egypt. In ancient Rome it was very common. The women who indulged in it were called "*Tribades*." Previous to the first French Revolution there existed a society of women in Paris, numbering ladies of the highest ranks, who made it their business to practice this vice in common. As if to add mockery to infamy, they termed themselves the Society of "*The Vestals*."

The abominable vices formerly known as Sodomy or Pederasty, are fortunately rare among the *Christianized* nations of modern times.

Sodomy was a common thing among the Hebrews in the earliest periods. It is believed that Sodom and Gomorrah* were destroyed by fire and brimstone from Heaven, for the horrible practice. In

*See Genesis, chap. xviii. and xix.

Greece, Pederasty was a religious act. The most distinguished men, those whose minds soared high above the common ideas and habits of the race, were guilty of the practice. The great philosopher *Socrates*, it is said, indulged in the vice. Sodomy is still practiced in Greece, Syria, Egypt, and in Northern Asia and Africa. The Egyptians, Mussulmans, Bedouins, or Maures, compel their prisoners to submit to their infamous familiarities. In all those countries of Asia where Bramah is worshiped, there exists a class of young men who make it their business to sell themselves for such horrible purposes. In all large cities of Europe and America there are occasionally some refined rakes, or rather I should term them *inhuman brutes*, who seek every occasion to buy the favors of handsome boys and young men. The consequence to such young reprobates of allowing such connection, is some of the most distressing diseases, such as fistula, induration, and ulceration of the rectum. Sodomy prevailed in ancient Rome. *Cæsar* bargained away his virtue to *Nicomedes*, King of Bythinia, who was designated as the "husband of all women, and the wife of all men."

Pederasty was originally practiced by shepherds, who resorted to this mode of gratifying their sexual passion. They connected with beasts for want of more natural opportunities. It is still practiced in

Sicily with goats. According to Blumenbach, the women of Guinica have intercourse with monkeys. The late Captain Herndon states, that the Indian women, along the banks of the Amazon, have baboons for husbands and paramours! The Persians resort to she-asses as a cure for coxalgia. Among the Christian nations of modern times the vice of Pederasty has become nearly extinct. In the middle ages it prevailed to a considerable extent among the Catholic priests. The Popes *Leo X.* and *Sixtus IV.* practiced the abominable vice. In most civilized countries, both Sodomy and Pederasty are capital crimes, or punishable by death, like murder. In Paris, in 1750, two pederasts were publicly burnt.

Numerous other instances of similar excesses might be quoted, but enough is presented to show that mankind has most sadly departed from the perfection and purity of his original existence.

fig. 1.



Gonorrhoeal Ophthalmia.

fig. 2.



Nodes on the frontal bone.

fig. 3.



Syphilitic pustules on the Face.

fig. 4.



Venereal taint in the Offspring

fig. 5.



Venereal eruptions after suppuration.

fig 6.



Syphilitic pustules previous to the Nose being destroyed.

fig. 7.



Venereal eruptions after suppuration.

CHAPTER II.

ORIGIN OF VENEREAL DISORDERS.

THE origin of Venereal diseases is traceable to the remotest antiquity; but among what nation it first appeared, or what precise period, is entirely unknown. In the Bible, in the Books of Moses, we find the first allusions to syphilitic or venereal discharges. Syphilis, like the glanders and the small-pox, it is quite probable, was transmitted to man by the brute creation. It is well known that many diseases are ingrafted upon the human species by animals, and that they have remained as a peculiar or aggravated type of his organism. The term *Syphilis* is from the Greek words, *SYS*, *swine*, and *PHILEO*, to *love*. This would indicate literally a lover of swine. Among the ancient Jews the *hog* was regarded as an unclean animal; and to this day swine food is supposed, by many physicians and others, to be a principal *breeder* of SCROFULA, and similar disorders, which is somewhat analogous to *Syphilis*. It must be admitted, however, that there are many diseases of the genital organs and of the

general organism, resembling venereal, which have nothing to do with syphilitic contagion. When we speak of syphilitic contagion, we mean that infection which is communicated by one sex to another during the sexual act, and by which the highest earthly enjoyment is converted into the source of a distressing and loathsome disease; and which, likewise, results in the procreation of unhealthy and miserable offspring.

In the fifteenth chapter of the book of Leviticus, we will find allusions to a contagious discharge from the urethra, which the ablest commentators declare to be the same disorders that are at the present day deemed of a syphilitic character. I quote a few passages from the sacred text:—

“1. And the Lord spake unto Moses and Aaron, saying,

“2. Speak unto the children of Israel, and say unto them, When a man hath a *running issue* out of his flesh, *because of his issue* he is *unclean*.

“3. And this shall be his uncleanness in his issue, whether his flesh run with his issue, or his flesh be stopped from his issue, it is his uncleanness.

“4. Every bed on which he lieth that hath the issue, is unclean: and every thing *whereon* he *sitteth* shall be unclean.

“5. And whosoever toucheth his bed shall wash

his clothes, and *bathe himself* in water, and be unclean until the even."

The *thirteenth* and *fourteenth* chapters of Leviticus speak of *Leprosy* and treat it fully, so that there can be no confounding of that affliction with the disease mentioned in the *fifteenth* chapter. Dr. ADAM CLARKE, the learned commentator of the Bible, is of the opinion that there is a total dissimilarity between leprosy and venereal disorders, as bearing upon the contexts of the biblical authority above quoted. Dr. EDWARD H. DIXON, editor of the New York *Scalpel*, quotes Dr. Clarke's views as all sufficient to establish the point in question.

If we read from the eighth to the twelfth verses, inclusive, of the fifteenth chapter of Leviticus, we can have no possible doubt of the *contagious* character of the disease previously spoken of in the same chapter. Dr. Clarke's commentary in this regard will scarcely fail to be satisfactory to the general reader. He says:—

"The cases of natural uncleanness, both of men and women, mentioned in this chapter, taken in a theological point of view, are not of such importance to us as to render a particular description necessary, the letter of the text in general being plain enough. The disease mentioned in the former part of this chapter appears to *some*, to have been

either the consequence of a very bad infection, or of some criminal indulgence; for they find that it might be *communicated* in a variety of ways, which they imagine is here distinctly specified. On this ground, the person was declared *unclean*, and all commerce and connection with him strictly forbidden. The Septuagint renders *ha-zab*, the man with the *issue*, by ὁ γονορροῦς, the man with a gonorrhœa, no less than nine times in this chapter; and that it means, what, in the present day, is commonly understood by that disorder, taken not only in its mild, but in its worst sense, they think there is little room to doubt. Hence they infer, that a disease which is supposed to be comparatively recent in Europe, has existed almost from time immemorial in the Asiatic countries; that it ever has been, in certain measures, what it is now, and that it ever must be the effect of sensual indulgence, and illicit and extravagant intercourse between the sexes. The disgraceful disorder referred to here, is a foul blot, which the justice of God, in the course of providence, has made in general the inseparable consequence of these criminal indulgences, and serves, in some measure, to correct and restrain the vice itself. In countries where public prostitution was permitted, where it was even a religious ceremony among those who were idolaters, the disease

must necessarily have been frequent and prevalent. When the pollutions and libertinism of former times are considered, it seems rather strange that medical men should have adopted the opinion, and consumed so much time in endeavoring to prove it, viz.: that the disease is *modern*. It must have existed, in certain measures, ever since prostitution prevailed in the world, and this has been in every nation of the earth, from the earliest era. That the Israelites might have received it from the Egyptians, and that it must, through the *Baal-peor* and *Ashteroth* abominations, which they learned and practiced, have prevailed among the Moabites, &c., there can be little reason to doubt. Supposing this disease to be at all hinted at here, the laws and ordinances enjoined were at once wisely and graciously calculated to remove and prevent it. By contact, contagion of every kind is readily communicated; and to keep *whole* from *disease*, must be *essential* to the *check* and *eradication* of a *contagious disorder*. This was the wise and grand object of the most enlightened legislator, in the ordinances which he lays down in this chapter. I grant, however, that it was probably of a milder kind in ancient times; that it has gained strength and virulence by continuance; and that, associated with some foreign causes, it became greatly exacerbated in Europe, about 1493, the time

in which some have supposed it first began, though there are strong evidences of it in England ever since the eleventh century."

This same eminent man, commenting on the eleventh verse of the fifteenth chapter of Leviticus, says:—

"Here we find that the *saliva, sitting on the same seat, lying on the same bed, riding on the same saddle, or simple contact*, were *sufficient* to render the person *unclean*, mean possibly, in certain cases, to *communicate the disorder*; and it is well known, that in *all* these ways, *the contagion of this disorder may be communicated*—is it not even possible that the *effluvia* from the body of an infected person, may be the *means of communicating* the disease? Sydenham expressly says, that it *may be communicated by lactation, handling, the saliva, sweat, and by the breath* itself, as well as by the grosser means, of which there is no question."

By a reference to the Psalms of David, chapter xxxviii., which was written about the year 1034 B. C., we can have little doubt of the nature of the disease with which the great King of Israel was so sorely afflicted. He laments in the following manner:—

"1. O Lord, rebuke me not in thy wrath: neither chasten me in thy hot displeasure.

"2. For thine arrows stick fast in me, and thy hand presseth me sore.

"3. There is *no soundness in my flesh*, because of thine anger: neither is there any rest in my bones because of my sin.

"4. For *my iniquities* are gone over mine head: as a heavy burden they are too heavy for me.

"5. My wounds *stink* and *are corrupt*, because of *my foolishness*.

"6. I am troubled; I am bowed down greatly; I go mourning all the day long.

"7. For my loins are filled with a *loathsome disease*: and there is *no soundness in my flesh*.

"8. I am *feeble* and sore broken: I have roared by reason of the disquietness of my heart.

"9. Lord, all my desire is before thee, and my groaning is not hid from thee.

"10. My heart *panteth*, my *strength faileth* me: as for the *light of my eyes*, it also is *gone* from me.

"11. My *lovers* and my friends *stand aloof* from my *sore*, and my *kinsman stand afar off*."

Dr. CLARKE thus comments on these passages:—

"Several conjectures have been made relative to the occasion on which this Psalm was composed; and the most likely is, that it was in reference to some severe affliction which David had after his *illicit commerce* with Bathsheba; but of what nature

we are left to conjecture from the third, fifth, and seventh verses. Whatever it was, he deeply repents for it, asks pardon, and earnestly entreats support from God."

Verse 2. "This, no doubt, refers to the *acute pains* which he endured; each appearing, to his feeling, as if an arrow were shot into his body."

Verse 3. "This seems to refer to some *disorder* which so affected the *muscles*, as to produce *sores* and *ulcers*; and so affected his *bones*, as to leave him no peace nor rest. In short, he was completely and thoroughly diseased; and all this he attributes to *his sin*, either as being its *natural consequence*, or as being inflicted by the Lord as 'a punishment on its account."

Verse 5. "Taking this in connection with the rest of this Psalm, I do not believe we can understand the words in any *figurative* or *metaphorical* way, I believe they refer to *some disease* with which he was at this time afflicted."

Verse 7. "A burning or strongly feverish disease." "That David describes a natural disease here, cannot reasonably be doubted; but what disease it was, who shall attempt to say? However, this is evident, that whatever it was, he most deeply deplored the cause of it; and, as he worthily lamented, so he found mercy at the hands of God. It would be *easy*

to show a disease of which what he here enumerates are the very general symptoms: but I forbear, because in this I may attribute to one, what, perhaps, in Judea would be more descriptive of another."

Verse 10. "Through fear and alarm. Not being able to take nourishment. I can scarcely discern any thing through the general decay of my health and vigor, particularly affecting my sight."

Verse 11. "Those who professed much affection for me: my friends, my companions, who never before left my company, stand aloof."

Besides the allusions made to the subject in the Sacred Writings, we find many passages in the works of the ancient Greek physicians, from which the existence of Syphilis may be inferred.

HIPPOCRATES speaks of ulcers of the sexual organs, pustules of the penis, and a considerable number of other affections, arising from the progressive development of Syphilis.

CELSUS describes every variety of chancre (or sore, or ulcer) known at the present day as a concomitant of sexual commerce, &c.

GALEN describes a case of gonorrhoea contracted by unclean coition.

AVICENNA gives a detailed account of ulcers of the penis, which corresponds with the modern chancre.

MICHAEL SCOTT, W. SALICETO, LAFRANC, and other ancient writers, describe ichorous, virulent or so-called acrid discharges, inducing a variety of sexual affections and genuine buboes.

W. BECKET gives the rules laid down for the prostitutes of the city of Winchester, England, according to which every diseased woman, if caught in the exercise of her trade, was fined one hundred shillings.

As far back as the twelfth century, regulations were published in Paris, to prevent women who were diseased from cohabiting.

A case is mentioned by ASTRUC, of a distinguished citizen of Padua, dying in 1245, of a disease in the private parts. In the year 1347 decrees were issued by the Queen of the Sicilies, for the government of prostitutes, which were calculated to prevent the growth of secret diseases and relieve those who were suffering from them. In the beginning of the fourteenth century similar decrees were enacted at Venice, showing the existence, even at that date, of diseases of this class. We have an account of a hermit, mentioned by BISHOP PALLADIUS, in the fifth century, who contracted a disease from a public dancer, which rotted off his penis. JOSEPHUS also mentions a case of death, resulting from ulcers on the organs of generation; and king Herod's dis-

ease does not ill accord with the effects of the worst form of Syphilis.

These facts would indicate that Syphilis existed in the earliest ages. The ancient physicians, however, did not know that the disease was derived from a *specific* poison. They were particularly unacquainted with the constitutional consequences of primary Syphilis, and accordingly treated it as a form of *lepra*.

The *fabled* origin of the disease is attributed by FRACOSTORIO, in a very elegant poem, to his hero "*Syphilus*," who brought down the disease upon himself and the world at large, as a curse for having insulted Apollo while attending the flocks of king *Alcithus*.

A German clergyman of *Buffach*, by the name of MATERN BERTEN, declares it to have been a punishment inflicted by the Almighty on *Charles VIII.* and his subjects, in consequence of having carried off the *Duchess Ann*, of Bretagne, from the Emperor *Maximillian*, to whom she had been betrothed.

Many have supposed that Syphilis had its origin in *America*, and that it was brought to Europe by the crew of COLUMBUS, on his first or second return home, in 1493 and 1496. There is, however, no foundation for such a supposition. When *Columbus* returned to Seville, in the spring of 1493, the dis-

order had been raging in the Spanish army for months previous. It had, in fact, already spread over nearly the whole of Europe, as a *special epidemic*. Twenty nations were then invaded by it. It existed in Auvergne, Lombardy, and other parts of Italy. It was observed in the summer of 1493, in Saxony, Brandenburg, Brunswick, Mecklenburg, Strasburg, and at Cracow in Poland.

In Germany, prior to this time, the disease was entirely unknown. The Germans were a vigorous and moral people, prostitution being very rare among them. This was not the case in Italy. Luxurious living, shameless immorality, and the celibacy of the priests—all these things, it might be supposed, would have a tendency to spread the disorder far and wide among the nations having an extensive commerce, and located on the borders of the ocean.

No doubt the campaign of *Charles VIII.* of France, was the chief cause of the epidemic. Hence its name "*Morbus Gallicus*," "French Disease," or "French Pox," which was given to it by the English. Charles VIII. invaded Italy in 1494, with a well-appointed army, for the purpose of chastising POPE ALEXANDER VI., who was opposed to his pretensions, and of conquering the kingdom of Naples, which had fallen to him as an inheritance. The

soldiers carried off immense booty, and with it the syphilitic disorder. Hence the French called the disease "*Souvenir*," or "*Mal de Naples*," in which city it had existed some time before the French invasion, and produced the greatest ravages among all classes of people. It was not till 1495, that the Spanish army was sent to Italy, consequently the disease could not have been brought to Spain from America.

The virulence of the disease was first noticed among the military rabble, and doubtless was spread by them throughout Europe in the fifteenth century, when the whole continent was overrun and traversed by military hosts. The disease must have been very violent in Paris in 1496, as in that year public decrees were issued in order to prevent the spread of the contagion. Hence its name of the "*French Pox*." It was not until 1530 that JEROME FRACOSTORIO, of Verona, invented the name of SYPHILIS for it; but it is proper to say, that three years previous, in 1527, JACQUES BETHENCOURT, of Rouen, published a work, in which he describes this complaint under the title of "*Venereal Disease*."

It was at one time believed that the disease might be transmitted by the atmosphere; or that it might be introduced into and carried out of a convent through the latticed-door in the parlor. The priests,

monks, and nuns of that epoch we may well believe were a profligate set, if there be any reliance to be placed on the edicts of Charlemagne against them. FALLOPIUS even fancied that the disease might be communicated by the holy water into which a syphilitic patient had dipped his finger. Such were the obscure ideas which then prevailed in regard to the syphilitic poison.

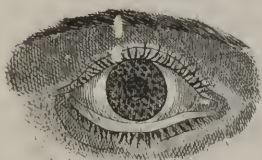
FERNEL, in 1556, discovered that the disease originated in some *specific* cause, emanating from some affected individual. He scouted the idea that the disease was communicated by the atmosphere. He rejected ineffectually all the astrological cosmic or teleological absurdities of the times, and succeeded in describing with great clearness and correctness the mode of transmission of the syphilitic disease. He proved that the disorder is contagious, and that contagion is indispensable to transmission. He showed that contagion cannot take place without actual contact, and that the most frequent contact is during sexual intercourse. He describes accurately all the symptoms by which the contagion is recognized; likewise, the secondary or constitutional symptoms. *Fernel's* doctrines have been confirmed and perfected, after a lapse of three hundred years, by the scientific researches of HUNTER and CARMICHAEL. The best works, however, which the light of modern



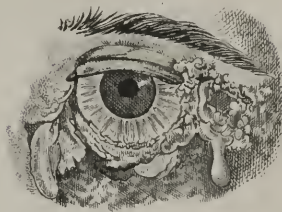
The Eye previous to disease



Syphilis in the Eye.



Secondary Symptoms in the Eye.



Destruction of the Eye through Syphilis.



Primary Symptoms.



Syphilitic tubercles.

science has given us upon the remarkable disorder of Syphilis, or venereal contagion, are those of RICORD and LALLEMAND of *Paris*, SIMON of *Hamburg*, SIGMUND of *Vienna*, WALLER of *Prague*, and ACTON of *London*.

With this general account of venereal excesses, it will be next in place to speak of Masturbation or Onanism, as the concomitants of such sexual licentiousness.

CHAPTER III.

MASTURBATION—ITS DANGERS AND DISORDERS.

THERE is a certain *secret vice* of extensive prevalence, usually termed SELF-Pollution, but variously known as ONANISM, Masturbation, &c. The word *Onanism* is derived from *Onan*, a man's name.* It is the practice of having resort to artificial means of friction to induce a discharge of semen, or seed, from the male organs of generation, or that titillation of the private parts calculated to excite pleasurable sexual feelings in the female. "*Onanism*," though a term in common use, is scarcely a proper appellation for the sexual vice of which I treat. *Onan's* crime was not *self-pollution*. Therefore, I prefer to employ the term MASTURBATION to the *act* of the habit of self-abuse. Some have referred the origin of this abuse to the idolatrous worship of the Northern Venus, named *Frigo*, in oblation to whom her votaries were accustomed to shed their seed, by the artificial means of Masturbation. Whether, how-

* Genesis, chap. xxxviii., verse 9.

ever, the origin of this most unnatural and abominable curse is to be traced to Onan, or to the worshipers of the goddess abovenamed, there is abundant evidence to show that it has prevailed from the earliest ages through all time; yet, probably, not to the same terrible extent as at the present day, among all classes of society, without distinction of sex.

No one at all acquainted with the physiological or normal laws of the human animal, can doubt that the power possessed by man for indulging in the act of venery may be greatly abused; in other words, that most serious injury may arise to the health and constitution by excessive indulgence in this act, whether by *natural* or *artificial* means, more particularly by the latter mode. The semen, indeed, may be emitted, in at least three different ways, viz.: 1st, by the *natural* connection of the sexes; 2d, by the concentration of the mind upon subjects of an amatory character; and 3d, by *artificial friction* of the organs of procreation, as by Masturbation, or by using the hand to produce such titillation or sexual excitement. In this connection I may remark, that God has wisely ordained, for the propagation of the human species, the power of cohabitation of the sexes; and that nothing but sexual intercourse in the *natural* way should be productive

of offspring. He has, moreover, solemnly indicated that the emissions of the secretions for the propagation of the race, by any other than the natural means, shall be attended with ill-health, manifold miseries, and a life of comparative brief duration. Every man of the least pretensions to reason and common sense, must surely be convinced that excessive venereal indulgences are ever attended by evil results; while no physician of intelligence will deny that Masturbation is a primary and indirect cause of more than *two-thirds* of the sickness and distressing disorders at present incident to the human family. Nay, Masturbation is not only the most *active* cause of disease, but the most *fatal* to human existence. *The hundred thousand* victims who fall into an untimely grave in the United States alone from that insidious destroyer, CONSUMPTION, may be attributed directly and indirectly to excessive vengery and Masturbation. The victim may, indeed, be as pure as the angel of light from gross sensuality and secret manipulations; yet, in thousands of instances, the words of Sacred Writ are literally and awfully fulfilled in the visitation of punishments and evils upon children for the sins of the parents, through the series of many successive generations.

The practice of Masturbation is, at once, a *viola-*

tion of the Law of Nature, or the Law of Life, in the face of common sense and reason. It is not only a sin against the body, but against the *mind*—against that sublime and ethereal principle which springs of Heaven itself. By consequence, it is punished by the severest afflictions. As the great physician, *Réveillé-Parise* of France, has well and most truthfully remarked—“Neither the plague, nor war, nor small-pox, nor similar diseases, have produced results so disastrous to humanity, as the pernicious habit of Masturbation: it is the destroying element of civilized societies which is constantly in action, and gradually undermines the health of nations.”

From my own professional experience, I can most solemnly affirm that Masturbation is one of the leading causes of general debility, Dyspepsia, Consumption, Paralysis, Loss of Sight, Leucorrhœa, Falling of the Womb, Insanity, Idiotcy, and other frightful maladies, entailing death of most awful kind, not to speak of numerous and less dangerous diseases, whose origin is not suspected by even the most intelligent of physicians themselves. Ah, truly, as a very acute observer of the effects of sexual disorders clearly affirms: “How numerous are the affections which are borne in silence, and which never come under the notice of a physician! How numerous the practitioners who avoid the trouble of

referring to the immediate or remote causes of the diseases which are observed by them, and who confine themselves simply to their treatment, without tracing them to their source! How often are diseases, resulting from Masturbation, attributed to causes with which they have no connection! How frequently, also, does the practitioner exclude himself from obtaining information, by abstaining from making suggestions to the patients which all hear with displeasure and repel with indignation! How often does he refrain from asking necessary questions, for fear of wounding the modesty of the young patient—of teaching him a thing of which he is innocent or ignorant, or, at least, of exciting in him a dangerous curiosity! Finally, how frequently are the physician's *doubts removed by the ART with which those who indulge in Onanism, even WHEN YOUNG, KNOW how to conceal a habit at which they blush in secret!*"

I am satisfied that any physician, who will call to mind every thing which has occurred to him in the course of a long practice, will doubtless find numerous instances of diseases readily referable to the deplorable vice of Masturbation, or excessive sexual indulgences. The principal utility of observing the diseases caused by Masturbation, is to determine what are the maladies produced by Onan-

ism, and what is the relative frequency of each of them. We should not only understand the genital system in its relation with organs, but the infirmities and dangers concomitant of the abuse of the genital system! In vain may we hope to rescue myriads of human souls from the awful pit, unless we can trace the root of the evil, and crush at one fell blow the hydra of horror! This is the sole aim and purpose of this little volume.

To return from the digression. Not only is Masturbation attended by many physical evils, but it is fraught with many of a *moral* bearing. If in nothing else alone it will prevent *offspring*, and in so doing will prove a violation of the direct command of God, to "increase and replenish the earth." It lessens the woman in the esteem of the man; and the man in esteem of the woman. In short, Masturbation is death, *i. e.*, it entails a *moral and a physical* DEATH! It is clung to by many with pertinacious tenacity through ignorance of Nature's law, or merely to gratify an evanescent animal passion. Alas! "*it is the couch which invites to repose; but to slumber upon it, is DEATH!*"

It is but justice, however, to say that the practice of Masturbation is often freely confessed and vigorously resisted. In the female it is more successfully concealed than in the other sex; yet, the

shy, timid, downeast countenance of the first, combined with a debilitated physique, with relaxed tissues, and varicose veins, is apt to arouse suspicions of Masturbation. In some females the effect is the development of the cellular and adipose tissues; in other words (that I may be distinctly understood by all,) it will make some persons become very fat, lazy, and stupid, or perhaps in some instances, wanton and voluptuous in their manners. In others it produces great weakness, debility, or emaciation, with an irritable, morose, suspicious, and unhappy temper or disposition, &c.

When self-pollution has been for a long time practiced, the youth or man will begin to suffer from *involuntary emissions*. Sometimes these will take place three or four times a week—at others, two or three times a night. These discharges are generally preceded or accompanied by lascivious dreams; when they are very frequent, there will be a rapid wasting away of the flesh. This will give him a hang-dog cast of countenance, and make him feel as sneaking and mean as if he had been plundering somebody's hen-roost. You can never "catch his eye." His every action is like one conscious of sin, and ashamed to look the world in the face.

Such frequent emissions will finally end in more or less dribbling, or running of the semen or semi-

nal fluid from the penis. It will even pass away when he urinates with his urine or with the feces of his stools, without a consciousness on his part. Cohabitation is out of the question. The penis is incapable of erection; the discharge is without the *vital* principle; while the *pleasure* experienced in partial success, is but a wretched aggravation of an insane desire. Hence the masturbator soon becomes completely *impotent*! He is haunted with the distressing thought that every one is acquainted with his filthy habits, and that they scorn and despise him for his infatuation. This state of feeling or condition of mind, finally, may lead him to commit *self-murder* in the hopelessness of his despair. This has often been the case; but if the victim does not become a miserable and forlorn suicide, he will be certain to fall into a *consumptive's* grave, or else will most assuredly be consigned to the *gloomy dungeons or iron manacles and straight jackets of the madhouse or lunatic asylum*!

Were I to publish the many death-bed confessions that have been made to me, the world would be astounded at the havoc this demon has made in human society. These revelations, however, must be sacredly kept secret so far as the parties are personally concerned, but I have no hesitation in presenting the solemn facts, in order to the warning

and purification of my fellow-creatures from the foulest of sins and crimes.

I will now first proceed to give the statements of the most celebrated authorities, in all ages of the world, in respect to the different affections which result from venereal excesses, and subsequently present matters of most startling interest, as corroborated by my own knowledge and experience, in regard to the dangers and disorder which flow from the abuse of the sexual organs through Onanism or MASTURBATION.

CHAPTER IV.

IMPORTANCE OF PERFECTLY UNDERSTANDING THE SUBJECT OF ONANISM—ITS EXISTENCE AND EF- FECTS IN ALL AGES.

SELF-ABUSE, is the abuse of the generative organs by excessive Coition, or by Masturbation. The genital organs in the female are the vulva, clitoris, vagina, uterus, Fallopian tubes, and ovaries. Those in the male are the penis, seminal passages, and the testicles. The question now to be discussed is, can these organs be placed in a condition so as to become a source of injury or disorder to the rest of the body. The most enlightened experience will affirm the fact that they can. It has been clearly demonstrated, that when such organs are made instruments of disorder, the consequences which follow are lamentably great.

The genital organs will be observed in one or other of *three* states. The first state is that of *rest*, or where no especial sensation is perceived and experienced.

The *second* state is that which is attended with

more or less vivid sensation. In animals this phenomenon is called *rutting*, that is to say, the *increased* animal heat observed in quadrupeds, as in the dog or horse during the genital excitement; or that which is common to birds, as the hen-fowl, during what is called the *storge*, or the period of sitting. In the human species this heat may exist to such a degree as to constitute the diseases known as *Satyriasis* or *Nymphomania*, a species of sexual delirium or madness, is the effect of a more or less violent altered action of the ganglionic nervous system.

The *third* stage is the *instinctive* act, not only peculiar to birds and animals, but to the human being, growing out of the normal or natural impulses inducing the copulative conjunction of the male and female. This instinct in man is moderately made manifest, and is capable of being controlled or governed by his *reason*. The power to bring the genital organs into *action* is the *venereal* power. When this is put in action, it is the *act of venery*. If this act results from the connection of the sexes, it is *coition*. If caused by solitary manipulation of the private part, it is called *Masturbation* or *Onanism*. The act of venery, when it is the result of the concurrence of the sexes, may or may not be injurious. When it is injurious, then it is *venereal excess*, an *ABUSE* of the

genital organs. The normal or natural coition, guided by reason and moderation, is rarely ever injurious. Onanism, on the contrary, is a vice more or less destructive of the animal economy, as I will now proceed to prove. I will accordingly give some extracts from the Fathers of Medicine, many of whom lived centuries before Christ, together with remarks of physicians of more modern times, less deficient in scientific accuracy than were their illustrious predecessors.

JOSEPHUS, speaking in regard to the purification laws of the Jews, makes special allusion to the diseases which result from Onanism and sexual excesses. "He that sheds his seed in his sleep shall be privileged with those who have wives." The law of purification was intended to reclaim those given to self-abuse, by compelling marriage, or to prevent *Masturbation* by the early union of the sexes by this religious rite. In relation to the other diseases, he gives us the following law. "Those who had a *Gonorrhœa* were prohibited from coming within the bounds of the city," &c.

HIPPOCRATES, the oldest and most correct observer of the effects of an abuse of the pleasures of venery, describes one of these disorders in the following terms. Speaking of *Dorsal Consumption*, he says :—

"This disease arises from the dorsal portion of the spinal marrow. It principally attacks young married people, or the licentious. They have no fever, and although they eat well, they grow thin and waste away. They have a sensation like ants crawling from the head down along the spine. Whenever they go to stool, or evacuate their urine, a considerable quantity of very thin seminal fluid escapes from the urethra. They lose the power of procreation, yet often dream of venereal pleasures. They become very weak, and walking produces shortness of breath; they have pains in the head, and ringing in the ears, and finally, an acute fever (Libiria,) supervenes, and they die."

Speaking of excessive venereal indulgences, CELSUS remarks: *Rarus concubitus corpus excitat; frequens, solvit*: or as rendered: "The bodily powers are excited by occasional coition; by frequent repetition they become relaxed."

These deviations from the grand law of Nature thus stand on record in the pages of two of the most remarkable physicians that have ever lived, as beacons over the graves of those who have been sacrificed on the shrine of passion. We can, however, find nothing more frightful than the description by ARETAUS, of the diseases produced by a too-abundant evacuation of semen. He observes:—

“Young persons assume the air and the diseases of the aged; they become pale, stupid, effeminate, weak, idle, and even void of understanding; their bodies bend forward, their legs are weak, they have a disgust for every thing, become fit for nothing, and many are affected with *paralysis*.”

GALEN has seen diseases of the brain and nerves from the same cause, with the powers of the body greatly impaired.

ACTIUS says: “The stomach is deranged, all the body wastes, becomes pale, dry, and the eyes sunken.”

SANCTORIUS observes: “That sexual excesses weaken the stomach, destroy digestion, prevent insensible perspiration, the derangement of which produces such evil consequences, disposes to calculous diseases, diminishes the natural warmth, and is usually attended with a loss or derangement of sight.”

LOMNIUS, commenting on the fine passage of *Celsus*, already quoted, says:—

“Frequent emissions of semen relax, weaken, dry, enervate the body, and produce numerous other evils, as apoplexies, lethargies, epilepsies, loss of sight, trembling, paralysis, and all kinds of painful affections.”

One cannot read without horror the description

left us by TULPIUS, a celebrated burgomaster and physician of Amsterdam:—

He says: “Not only the spinal marrow wastes, but the whole body and mind become languid, and the patient perishes in misery. *Samuel Vespertinus* was attacked with a humor upon the back of his neck and head; it then passed to the spine, to the loins, to the lower and lateral regions of the abdomen, and to the hips. This unhappy man was affected with so much pain that he was entirely disfigured, and was emaciated so gradually by a slow fever, that he more than once asked to be relieved from his miseries by death.”

BLANCARD, a celebrated physician, has known simple gonorrhoeas, dropsies, and consumptions, to depend on this cause.

MUYS has seen a man of good age attacked with spontaneous gangrene of the foot, which he attributed to the same kind of excesses.

SOLMUTH has known a sensible hypochondriac to become a fool, and in another man the brain to become so collapsed that it was heard to rattle in the the cranium, both from excesses in venery. He also knew a man, fifty-nine years of age, who, three weeks after marrying a young wife, became blind, and in four months died.

HOFFMAN has seen the most frightful symptoms ensue from the loss of semen. He says:—

“After long nocturnal pollutions, the patient not only loses strength, becomes emaciated and pale, but the memory is impaired, a continual sensation of coldness affects all the extremities, the sight becomes dim, the voice harsh, and the whole body gradually wasted; the sleep, disturbed by unpleasant dreams, does not refresh, and pains are felt like those produced by bruises.”

This illustrious author gives many cases in confirmation of his views. In a consultation for a young man, who, among other diseases produced by Masturbation, was affected with weakness in the eyes, he says: “I have seen several instances of young men, who, at mature age, when the body possesses all its strength, were attacked, not only with severe pain and redness of the eyes, but the sight became so feeble, that they could neither read nor write. The disease commenced by a lassitude and feebleness in the body, particularly in the loins; it was accompanied by twitching of the tendons, periodical spasms and loss of flesh, so as to destroy the whole body; also pains in the membranes of the cerebrum, pains which the patient terms a dry burning, (*ardeur seche*), which constantly inflames this most noble organ. I have also seen one young man

affected with dorsal consumption. His figure was good, and although often cautioned against indulging in these pleasures, he did not regard it, and became so deformed before death, that the layer of flesh which appears above the spinous processes of the lumbar vertebræ, entirely disappeared. The cerebrum in this case seemed to be consumed; in fact, the patient seemed to be stupid, and became so stiff, that we have never seen the body so immovable from any other cause. The eyes are so dull that the sight is nearly lost."

DE SENAC, in his celebrated essays, speaking of the dangers attending Masturbation, states that "all who indulge in this vice will be affected in the flower of their youth with the infirmities of age."

LUDWIG, speaking of the loss of semen, remarks, that young people of both sexes who indulge in licentiousness, ruin their health by wasting strength which was designed to make them vigorous, and finally fall into Consumption.

VAN SWIETEN, after quoting the description of *Hippocrates* already given, adds:—

"I have seen all these symptoms, and several others, in those unfortunate people who indulged in self-pollutions. I have employed uselessly, for three years, all the resources of medicine, for a young man who was diseased, in consequence of this prac-

tice, with wandering, frightful, and general pains, with a sensation, sometimes of heat and sometimes of cold, in every part of the body, but particularly in the loins. Afterward these pains having diminished, his thighs and legs were so cold, that although they seemed of the natural temperature when touched, he was constantly warming himself by the fire, even during the warmest days of summer. I noticed particularly all this—a continued rotary motion of the testicles in the scrotum, and the patient felt a similar motion in the loins.”

M. KLOOKOF, in an excellent work which he has written on the disorders of the mind, remarks: “Too great a dissipation of the semen weakens the spring of all the solid parts; hence arise weakness, laziness, inertness, phthisics, dorsal consumption, numbness and a depravation of the senses, stupidity, madness, faintings, and convulsions.”

MR. LEWIS describes all these ills. I transcribe some remarks of this author, which relate to the soul:—

“All the ills that are occasioned by excesses with women, more quickly follow in youth the abominable practice of *self-pollution*, (Onanism or Masturbation), and which it would be difficult to paint in colors so glaring as they merit. The soul is sensible to all bodily disorders, but particularly of those

which arise from this cause. The most clouded melancholy, indifference to or aversion for all pleasures, the impossibility of sharing in the conversation of company, wherein they are always absent in mind; the thought of their own unhappiness; the despair which arises from considering themselves as the architects of their own miseries, and the necessity of renouncing the felicities of marriage, are the fluctuating ideas which compel these miserable objects to sequestrate themselves from the world, and happy are they who do not put the finishing hand to their existence."

BARON BOYER, in his *Treatise on Surgical Diseases*, believes that the injuries may be prolonged to old age, and that is a secondary cause of many of those cases of dry gangrene which are observed at that period of life.

These solitary habits in many females produce a swelling of the neck from the force and frequency of those convulsions which so often follow the repetition of this imprudent act, as well as by the arrest of blood which it occasions in the principal vessels of the neck, in the same way as is observed in epileptic patients.

PROFESSOR RICARD reports, in his *Chirurgical Nosography*, a remarkable example of the power

of this cause in the production of eruptions. He says:—

“A lady had at the same time this pernicious habit and an eruption of blotches. She was advised to discontinue the practice; she did so, and they disappeared. She again took up the habit; the eruption again made its appearance. Her reason again taught her the error of her ways, and she once more conquered the penchant, and she was never again troubled with those blotches which had so disfigured her.”

PROFESSOR WOODWARD, of Connecticut, in a report made to the Legislature of that State, remarked that over *two-thirds* of the inmates of the Insane Retreat, (an institution over which he presided), were brought there through the effects of Onanism or Self-pollution. In a letter he says: “For the last four years it has fallen to my lot to witness, examine, and mark the progress of from ten to twenty cases daily, who have been the victims to this debasing habit; and I aver that no cause whatever, which operates on the human system, prostrates all its energies—mental, moral, and physical—to an equal extent.” He further remarks: “I have seen more cases of idiocy from this cause alone, than from all other causes of insanity. If insanity and idiocy do not result, other diseases, equally hopeless,

follow in its train; or such a degree of imbecility marks its ravages upon the body and mind as to destroy the happiness of life, and make existence miserable indeed."

Thus I might go on and quote authorities to fill a large volume, but those already named are abundantly sufficient to prove that Masturbation and sexual excesses have extensively prevailed in all ages of the world, and that these vicious propensities are the primary cause of the many formidable maladies which are annually hurling myriads of human creatures to an untimely and revolting grave.

In my next chapter I will detail a few of the most remarkable cases of disease, as a concomitant of Self-Pollution, which have been placed on record by some of the most able and celebrated physicians of every nation and period of the world.



General appearance of the features through Onanism



The meagre appearance of the features through Onanism



*Spermatorrhoeal
Ophthalmia consequent through Onanism*

CHAPTER V.

HORRORS OF SEXUAL ABUSE.

AMONG the effects of Masturbation, may be mentioned the permanent erection of the Penis, causing immense pain and deplorable consequences. There are cases on record where persons have been affected with *priapism* (or erection) for several months at a time—the Penis remaining firm, like a horn, causing excruciating agony in the hopeless victim of solitary unnatural abuse of the sexual organs.

In some instances, from too much excitement, the genital organs lose their sensibility, and become *atrophied*, or dwindle almost entirely away. The manipulations which at first were followed with the desired result, sometimes become unable to excite the genital sense. It is often impossible to cause the erection of the Penis; but if this is done, it may prove a painful and inconvenient priapism, tormenting the Onanist with the remembrance of past pleasure, while it is impossible ever to renew again the fountain of enjoyment. Disturbed by such recollections, the victim will often resort to the most

extraordinary means to arouse the sensibility of the blunted organs. Obtaining no satisfaction from the modes of manipulation formerly employed, he will arm himself with some formidable instrument, and then seek to penetrate to the very depth of the genital organs, in the insane hope of a renewal of pleasurable venereal sensations.

CHOPART, in a work on the diseases of the urinary passages, shows the almost incredible extent of insensibility which the Penis may attain, or of delirium, which may affect a man, who, having exhausted his faculties, still remains a slave to his passions:—

“A shepherd, of Languedoc, *Gabriel Gallien*, about the age of fifteen, became addicted to Masturbation, and to such a degree as to practice it seven or eight times a day. Emission became at last so difficult, that he would strive for an hour, and then discharge only a few drops of blood. At the age of six-and-twenty his hand became insufficient—all he could do was to keep his Penis in a continual state of priapism. He then besought himself of tickling the internal parts of his urethra, by means of a bit of wood, six inches long, and he would spend in that occupation several hours, while tending to his flocks in the solitude of the mountains. By a continuation of this titilation for sixteen years, the canal of

the urethra became hard, callous, and insensible. The piece of wood then became as ineffectual as his hand. At last, after much fruitless effort, Gallien, one day in despair, drew from his pocket a blunt knife, and made an incision into his glans along the course of the urethra. This operation, which would have been painful to any body else, was in him attended with a sensation of pleasure, followed by a copious emission. He had recourse to this new discovery every time his desire returned. When, after an incision into the cavernous bodies, the blood flowed profusely, he stopped the hemorrhage, by applying around the Penis a pretty tight ligature. At last, after repeating the same process perhaps a thousand times, he ended in splitting his Penis into two equal parts, from the orifice of the Penis to the scrotum, very near the symphysis pubis. When he had got so far, unable to carry his incision any further, and again reduced to new privations, he had recourse to a piece of wood, shorter than the former; he introduced it into what remained of the urethra, and exciting, at pleasure, the extremities of the ejaculatory ducts, he provoked easily the discharge of semen. He continued this about ten years. After that long space of time, he one day introduced his bit of wood so carelessly that it slipped from his fingers and dropped into the blad-

der. Excruciating pain and serious symptoms came on. The patient was conveyed to the hospital at Narbonne. The surgeon, surprised at the sight of two Penes of ordinary size, both capable of erection, and in that stage diverging on both sides, and seeing besides, from the scars and from the callous edges of the divisions, that this conformation was not congenital from his birth, obliged the patient to give him an account of his life, which he did, with the details that have been related. This wretch, cut, as for a stone, recovered of the operation, but died three months after of an abscess in the right side of the chest; his phthisical state having been evidently brought on by the practice of Masturbation, carried on for many years."

Gallien's unhappy idea of introducing a foreign body into the urethra, has often occurred to others, who had availed themselves but unsuccessfully of the ordinary resources of Masturbation. These unfortunate people have always been obliged to call in medical advice, either on account of the diseases caused by their dangerous maneuvers, or, much more frequently, by the symptoms and evils to which they fall victims through their carelessness. In fact, the implements used often escape into the bladder; and then the acute suffering and fear of death oblige them to reveal what they had formerly

concealed, and to undergo an operation which is always painful, and which is not exempt from danger.

I will present here a few instances of this kind of accident:—

“An innkeeper, near *Saumer*, was in the habit, like *Gallien*, of titillating the urethra by introducing foreign bodies. He used an iron wire seven or eight inches long, the end of which was crooked like a hook, to obtain, probably, more exquisite pleasure. One day, while indulging in this singular maneuver, he suddenly felt severe pain. The membranous portion of the canal was ruptured. The unfortunate man made several attempts to withdraw the wire; but the hook, which had entered the soft part, rendered it impossible. Overcome by suffering and shame, he wished to get rid of it; and with this view, he rounded the loose part of the wire into the form of a ring, proposing in this manner to pull upon it more firmly. He exercised this force until the ring was nearly broken, but the iron was still in its place. He now expected death, and was obliged to call in a physician to his relief.”

DR. FARDEAU was promptly in attendance. He found the Penis, and also the skin of the scrotum enormously tumefied. All the tissues which are inserted in the Penis were also swelled, hot, and

painful. The belly began to be puffy; the urine was suppressed; the face was red; the eyes filmy; the pulse hard, frequent and corded, and the mind much affected. DR. FARDEAU grasped the loose portion of the wire, pulled it up slightly, and immediately found that the other end was arrested by an immovable obstacle. He then examined the parts attentively, and found, to his astonishment, that the hook was fixed in the inner edge of the ischiatic tuberosity. An oblong incision was now made over this part; the hook seized, and the wire was withdrawn through the perineum. This patient, after suffering a long time from the wounds inflicted, was finally restored to good health, and effectually cured of his detestable practices. The full particulars of this case may be found in a French Medical Journal, called the "*Lancette*," Oct. 13, 1831.

SARAILLE has reported a similar case. The patient was fifty years old, and called this surgeon the 18th of October, 1813. He stated that a sailing needle, about four inches long, had unfortunately slipped into the urethra, and the point had become fixed upward near the root of the Penis. After suffering for eight days, during which the presence of this body excited frequent erections, it was extracted by the renowned DR. LALLEMAND.

LOUIS SENN mentions the case of a young man

of nineteen years old, who introduced the stalk of a plant into the urethra or canal of the Penis. It broke; and after much suffering the operation for stone was employed to extract it, and the calculi which had formed around it.

RIGAL had a patient similarly situated, aged thirty-eight years. This man introduced into his urethra the stalk of a sword lily, (*Gladiolus communis*.) The stalk broke, fell into the bladder, and after two months of pain and danger, the operation for stone was employed to extract it. It was two inches long, and was already covered with a saline secretion, one or two lines thick.

BONNET, formerly surgeon at Hôtel Dieu, at Clermont, stated in his lectures that a vine-dresser used a vine-stalk for this purpose. During an emission of semen he dropped the stalk, which entered the urethra and passed into the bladder, where it caused symptoms which required the operation of lithotomy. The foreign body extracted was three inches long, and three lines thick.

CIVIOLE presents an extraordinary case. Would it be believed that he extracted from the bladder of a man, by means of lithotomy, a bean which was introduced eleven months before, and which gave rise to all the symptoms of stone?

A volume might be filled with facts of a similar

character. Many may be found in the "*Ephemerides Curiosorum*." Memoirs of the Royal Academy of Sciences; those of the Royal Society of Medicine, and of the Academy of Surgery; in the works of *Chopart, Deschamps, Lamotte, Tolet, Morgagni, Van Swieten, Morand, Ponteau, &c.*

The dangers of these practices, as a late judicious writer well observes, are not confined to an exhaustion of the sensibility of the genital organs. They cause many chronic diseases of a painful character in the urethra, bladder, and other organs. They are subject or liable to serious and painful inflammations; indurations, ulcerations, and strictures form in the urethra; after which supervene all the symptoms of acute and chronic blenorrhœa, detentions of urine, catarrh of the bladder, &c.

There are many other cases of venereal excesses equally dangerous, but much more ridiculous, and unworthy even of the weakest and simplest mind.

SABATIER relates the case of a young man who had passed his Penis through the handle of a key, with a view to imitate the natural process better. The handle had been pushed far toward the pubis, and the Penis had swelled so as to conceal it from sight. The swelling was also increased by the efforts of the patient to withdraw it. After oiling the parts well, the handle was slipped down as far as the

glans, (or *knob* of the Penis), but here scarifications were required to diminish the engorgement, before the Penis could be liberated. After this, eschars sloughed off, which were followed by cicatrices, which rendered the part deformed, although a sound was introduced into the urethra to prevent this result.

In the *Dic. des Sc. Med.*, vol. xxi. p. 167, we have one of the most horrid cases of this kind on record. It is that of a young man, who, on taking a bath, indulged in Masturbation, by placing his Penis into the hole in the bottom of the tub, made for the removal of the water. The glans soon became so much swollen that he could not withdraw the Penis. His cries brought him assistance, but it was not easy to remove him from the fetters he had forged for himself.

DUPUYTREN relates many similar cases as having occurred in his practice. One was that of a young man who came to the clinical lecture at the Hôtel Dieu, in Paris, having introduced his Penis through the socket of a candlestick, in front of which the glans was enormously tumefied. Being unable by any effort to remove it, the cylindrical portion surrounding the Penis was filed and thus taken from him.

It would occupy too much room to enumerate all

the facts of this kind which have been noted by practitioners; but a common accident, and which has been seen several times by *Dupuytren*, is the ligature of the Penis by a thread or wire. Some young men, and even adults, have bound the Penis in fits of erotic delirium, so that this knot could not be loosed; and a circular section has been made in the skin, and the urethra has even been opened and cut. It is evident, that in these cases the only thing to be done is to divide the thread, to dress the wound, and then to introduce a gum-elastic sound, in order to prevent the formation of an urinary fistula, or of an accidental hypospadias.

There are other kinds of difficulties and strangulations, arising from morbid or erotic indulgences, concomitant of Masturbation and excessive coition, which I need not at present enumerate.

Not only do men and boys frequently use extraordinary means to produce the sexual sensation, but young girls and women are also addicted to such practices; and accidents of a very serious nature have sometimes resulted from such causes.

PAMARD speaks of a woman, thirty-one years old, who used an ivory whistle, three inches and a half long, and five lines around its centre; this she introduced, not into the vagina, but into the urethra; one day it entered so far that she could not remove

it; after many efforts it was drawn out with a polypus forceps.

FAURE relates a case of a girl, seventeen years old, who was in the habit of introducing a large piece of wood into the urethra. On one occasion it entered very deeply, and fell into the bladder, which obliged *Dr. Faure* to cut for it, to extract it, which was done with much difficulty and pain to the patient.

RIGAL was obliged to do the same to relieve a young girl, twenty years old, who used a wooden needle-case in Masturbation. Needles and pins have often escaped into these passages.

MORGAGNI says, that it is by no means unfrequent in Italy for the lascivious girls to introduce into the urethra the golden pins worn in their hair, and that they sometimes fall into the bladder; this they conceal for a long time, but are finally obliged, through pain, to confess their fault.

MOINICHIEU names a Venetian girl, who was relieved by *Molinetti* of a golden needle, which had slipped from the hand into this organ.

LAMOTTE had a case of an old maid, who had introduced into the bladder a very large pin, which, after sounding several times very patiently and attentively, he felt distinctly; he sounded on the fourth time, when by accident it became engaged in

the sound, and wishing to withdraw it, but finding some resistance, he introduced his finger into the vagina and ascertained whence it proceeded; by skillful manipulation he succeeded in withdrawing it. These accidents only happen in those who are imprudent, and introduce into the urethra an instrument designed for an adjacent passage. Foreign bodies seldom remain in the vagina, it being so short and large. For such a thing to take place, certain conditions are requisite, which are possible but not very common.

DUPUYTREN mentions the following:—A female consulted him for some derangement in the vulvo-uterine passage; on examination a foreign body was felt, the nature of which could not at first be determined; the patient refused to give any information of the subject; on examination, however, it was found that the body presented a large opening or deep cavity. The tumefied walls of the vagina covering the edges of the kind of vessel, prevented its disengagement; after much effort the body was removed, and it proved to be a pomatum pot, which had been introduced by its base.

Thus we perceive, as has been before remarked, that *Onanism*, or self-abuse, is a most loathsome vice and deplorable substitute for a natural gratification of the sexual passion. Its frightful develop-

ment depends more or less upon the age and sex of the patient. It affects both sexes pretty much alike previous to the age of pubescence; after which its progress is distinctly marked, differing in phenomena between the two, but finally ending in both in a complete derangement of the nervous system—producing imbecility, idiocy and lunacy, with all their lamentable and destructive concomitants.

The following picture will give some idea of the gradual effects of this vice:—

“The frequent indulgence of the habit soon becomes a daily practice. Not only daily, but several times a day, Masturbation is indulged in. The effect of the abuse is gradually revealed. The child loses its bright complexion, becomes pale, with a greenish tint around the eyes, which are sunken, surrounded by blue margins. The lips lose their vermilion hue; the mind is indolent; the child sits as if engaged in deep thought, without looking at any thing. It is averse to play, seeks solitary places, where it can indulge in its vicious propensities. It becomes obstinate, peevish, irritable; its motions are slow and heavy, while it is startled and looks frightened when suddenly spoken to and bidden to do any thing. It will sleep late in the morning, but without being refreshed on getting up. It loses its appetite; its digestion is greatly impaired; the tongue becomes

coated; there is much emaciation; the intellect grows weaker and weaker, until imbecility and idioey overwhelm the victim. Such consequences may continue for years, when the body finally succumbs to the terrible ravages of complicated maladies. Thus the young life perishes even before it has begun to bud, as a young plant withers away at whose root a worm has been gnawing. Truly, there is no more degrading bondage than that of one's own lusts. An impure fire is ever burning and consuming body and soul. If the vicious habit is continued beyond puberty, the nervous derangements are strikingly manifest; every pleasure is poisoned, and craziness and suicide are the final results. The victims have horrible dreams; sometimes they are of a lascivious character; there are emissions several times every night, while the seminal fluid is constantly discharged with the urine and the fæces at stools. There is finally no erection nor any peculiar sensation of pleasure. This is the most dangerous form of Spermatorrhœa. One of the unavoidable consequences of this weakness is *Impotence!*

Touching this subject of Spermatorrhœa, the following is a translation from HUFELAND, a German Physiologist of great distinction:—

“Hideous and frightful is the stamp which Na-

ture affixes on one guilty of unnatural excesses. He is a faded rose—a tree withered in the bud—a *wandering corse*! All life and fire are killed by this secret cause, and nothing is left but weakness, inactivity, deadly paleness, wasting of body, and depression of mind. The eye loses its lustre and strength; the eye-ball sinks; the features become lengthened; the fair appearance of youth departs, and the face acquires a pale, yellow, leaden tint. The whole body becomes sickly and morbidly sensitive; the muscular power is lost; sleep brings no refreshment; every movement becomes disagreeable; the feet refuse to carry the body; the hands tremble; pains are felt in all the limbs; the senses lose their power, and all gayety is destroyed. Boys who before showed wit and genius sink into mediocrity, and even become blockheads; the mind loses its taste for all good and lofty ideas, and the imagination is utterly vitiated. Every glance at a female form excites desire. Anxiety, repentance, shame, and despair of any remedy for the evil, make the painful state of such a man complete. His whole life is a series of secret reproaches, distressing feelings, self-deserved weakness, indecision, and weariness of life; and it is no wonder if the *inclination to suicide* ultimately arises—an inclination to which none is so prone as those who are, or have been,

given to self-abuse. The dreadful experience of a *living death* renders *actual death* a desirable consummation. The waste of that which gives life, generally produces disgust and weariness of life, and leads to that peculiar kind of destruction which is characteristic of our age. Moreover, the digestive power is destroyed; flatulence and pains in the stomach are likely to follow, and create constant annoyance; the blood is vitiated; the chest obstructed; eruptions and ulcers break out upon the skin; the whole body becomes dried and wasted; and in the end comes slow fever, fainting fits, epilepsy, palsy, consumption, insanity, and an early death."

Truly, the above is a most appalling picture, but not more horrible than *true*, in nearly every case of those who give themselves up entirely to their unnatural beastiality and lustful desires.

The pious and learned theologian, the REV. ADAM CLARKE, D.D., the celebrated Commentator on the Holy Scriptures, speaks of Masturbation in the following startling manner:—

"The sin of Self-pollution is one of the most destructive evils ever practiced by fallen man; in many respects it is several degrees worse than common whoredom, and has in train more awful consequences. It excites the power of nature to undue

action, and produces violent secretions, which necessarily and speedily exhaust the vital principle and energy; hence, the muscles become flaccid and feeble, the tone and natural action of the nerves relaxed and impeded, the understanding confused, the memory oblivious, the judgment perverted, the will indeterminate, and wholly without energy to resist. The eyes appear languishing and without expression, and the countenance becomes vacant; appetite ceases; as the stomach is incapable of performing its proper office, nutrition fails; tremors, fears, and terrors are generated: and thus the wretched victim drags out a miserable existence, till superannuated even before he had time to arrive at man's estate, with a mind often debilitated, even to state of idiotism, his worthless body tumbles into the grave, and his guilty soul is hurried into the awful presence of its Judge."

CHAPTER VI.

REMARKABLE CASES OF DISEASE CONSEQUENT OF THE PRACTICE OF ONANISM.

CONSUMPTION, or *Phthisis Tubercularis*.—Diseases of the lungs and respiratory organs are more frequent than any other, as concomitant of or resulting from Onanism.

The act of venery—that power which has so much influence on the internal life of the tissues, and on the respiratory organs—and which, to use RULLIER's expression, seems to agitate the lungs, is commenced in most Onanists exactly at that age when the chest enlarges in every direction, and which Phthisis, or Consumption, seems to prefer.

PORTAL, a venerable physician, who published "Observations on Pulmonary Consumption," says:—

"How many persons have been the victims of their unhappy passions. Medical men every day meet with those who, by this means, are rendered idiotic, or so enervated, both in body and mind, that they drag out a miserable existence; others perish

with marasmus, and too many die of a real pulmonary consumption."

SYDENHAM says: "The organs of respiration are the weakest of all those belonging to the human race; two-thirds of mankind die of diseases of the lungs; and the most common period in which young persons resort to these vicious habits is precisely that wherein the chest exhibits the greatest susceptibility. There is, moreover, a species of consumption to which women are greatly exposed by the very nature of their constitution, such as tuberculous and lymphatic consumption."

FOURNIER and BEGIN state, that "those persons who indulge in Onanism are generally remarkable for the imperfect development of the thorax, and for the promptitude with which the least exercise renders respiration difficult and hurried. Almost all these individuals contract chronic catarrhs, or more serious affections of the pulmonary organs, and finally perish in a complete state of Phthisis.

BROUSSAIS also places among the causes Phthisis Pulmonalis, "erotic spasms, no matter in what manner they are excited."

It is with Phthisis, as with most other diseases caused by Masturbation. This habit causes disease by cherishing and cultivating special dispositions. Thus, the Onanist born of consumptive parents,

whose chest is narrow, with a long neck and thin limbs, and who presents symptoms of Scrofula, is more likely to be affected with Phthisis, or Consumption, than others." (*See Plate Page 96*)

The cases on record of Consumption, as a result of Onanism, are exceedingly numerous; but as their characteristics are very similar, I need not give more than one or two illustrations on this point.

CASE 1.—BROUSSAIS speaks as follows of a young man who died in 1833.

"This young man sustained himself so well in public debate that he was placed, at the expense of Government, in a public school. He was then sixteen years old; and his health, which had previously been good, now failed. He became pale, languished, and grew thin; and this, too, although his appetite was keen, and his digestion excellent. His loss of flesh and paleness continuing, his parents felt anxious about him. I examined his organs separately. I could find none presenting any mark of disease, or which could explain the general state of the patient. At length a dry cough supervened, which was the first symptom indicating an affection of any particular organ. By means of auscultation I found that the respiration at the summit of the lungs was imperfect. At this time the patient avowed to his father his deplorable habit. This had been con-

tracted at school; it had been indulged in for two years, and of late very frequently. Every attempt was now made to arouse in him the feeling of self-preservation. He was terrified; but the power of the habit was so great, that he did not leave it off till Consumption had progressed very far. Deep abscesses successively formed in his lungs; the expectoration soon became purulent and excessive. Night sweats and diarrhoea followed, and the patient died in a terrible state of marasmus and exhaustion.

CASE 2.—TISSOT speaks of a young man who came to Montpellier to pursue his studies, but was affected with Phthisis from excessive Onanism. His cough was so hard, that he annoyed every body who came into his presence. All remedies were in vain. One day, after taking a bowl of turtle-soup, he was seized with a hemorrhage (or bleeding) of the lungs, and died in two hours after his meal.

CASE 3.—A few years since, there was at the Hôtel Dieu, at Paris, a patient nineteen years old, addicted to Masturbation from childhood. The most active watching and the strictest mechanical methods could not arrest his fatal manipulations. Diarrhoea was added to his habitual loss of semen, and he died three months after entering the hospital, in a perfect state of marasmus, reduced to mere skin and bones.

CASE 4.—DR. FEDERIGO, the Italian translator of Portal's work on Consumption, says: "I knew a female who was affected for many years with extreme debility and entire loss of appetite. A slow fever every evening had rendered her extremely thin; her eyes were pale and sunken; her skin was very hot, and it was highly painful for her to stand erect. A profuse discharge weakened her still more, and she was in an advanced state of marasmus. She died in a most deplorable state of Consumption. I attempted, by questioning her as to her mode of living, to discover the cause of this disease, but unsuccessfully. A month before her death, however, she told me with tears in her eyes, that she had brought her debility upon herself by indulging constantly, and for many years, in a secret and murderous habit."

CASE 5.—HOFFMAN relates the case of a young man, who died in 1831, after excesses in Onanism, with diarrhoea. This unfortunate individual, although in the last stage of Consumption, still indulged, as soon as he was left alone, in his deplorable habit.

COMBETTE relates the case of the complete destruction of the cerebellum in a girl eleven years old, who was addicted to Onanism. In place of this organ was found a gelatini-formed membrane at-

tached to the medulla oblongata by a peduncle of a similar character. The genital organs of this girl presented evident marks of her habits. The finger could be easily introduced into the vagina; the hymen was absent; the external labia were of a bright red color, and seemed to have been frequently irritated. * * * She suffered immensely, and was finally obliged to remain constantly in bed. She was completely stupefied. She laid constantly on her back, her head turned to the left, and she moved her limbs with great difficulty. She became affected with a constant diarrhœa, and she died fifteen months after entering the hospital in a state of complete exhaustion, as a consequence of her habit of Masturbation. (See *Révue Médicale*, April, 1831.)

ASTHMA AND HEART DISEASES.—I have already remarked that the respiration in Onanists is frequently affected. Their breath is often short; they pant on the slightest exercise; are subject to stifling, &c. These symptoms, which cannot always be explained by that of any organic alteration in the heart or lungs, finally assume, in some individuals, the characters attributed to *Nervous Asthma*. The authors who have written on this subject have all classed Onanism and venereal excesses among its most frequent causes.

F. FERRUS says: "Individuals of a nervous tem-

perament seem more particularly liable to it ; but the influence of certain bad habits—as Masturbation, the abuse of venereal pleasures by young persons, contribute very powerfully to produce this disease.”

JOLLY remarks, in nearly similar language : “Venereal excesses and Masturbation,” says this distinguished physician, “have appeared in some cases to produce asthma. And if some authors think that too much importance is attached to this cause, they may readily appreciate its value by observing the effects of the venereal orgasm on the pulmonary circulation.”

Our remarks on Asthma may apply to diseases of the heart, and large vessels. The frequent repetitions of an act which renders the emotions so powerful, frequent, and tumultuous, have often produced or increased aneurismatic dilatations of this organ ; the thickening of its parietes, or other diseases of the parenchyma, or of the vessels which leave it and go to it. Thus the abuse of Onanism, and the pleasures of love, hold a high place on the list of causes of this affection. Among other diseases of the heart, too frequent coition predisposes to *polypi of the heart*. The act produces its effects, either by weakening the motive powers of this organ, which they over-excite momentarily ; or, by causing too great an accumulation, and consequently a congestion of

blood in the cardiac cavities. Onanism and venereal excesses may not only cause diseases of the heart, but will increase those which exist. They may, also, by causing the rupture of an aneurism produce *instant death*. There are many instances on record of death having occurred to a person while in the act of coition or Masturbation, which are too terrible to relate.

IDIOTCY, DISEASES OF THE BRAIN, &c.—Besides the intellectual and moral effects, Onanism often produces a very marked debility of the mental faculties, and particularly of the memory. The debility of the mental faculties does not always stop at the point indicated. It may extend to idiocy to the most complete stupidity. Most generally, then, the brain, or its appendages, are deeply injured, which is indicated by different symptoms, as loss of sight, hearing, fits, paralysis, &c.

CASE 1.—ALIBERT mentions a case of idiocy, which came under his notice at the Hospital St. Louis, at Paris. The patient was a peasant girl, twenty-two years old, who was constantly employed in tending sheep. The seclusion of this girl's situation favored the development of Onanism. She concealed herself in quiet and retired situations, to indulge this horrid inclination. Two years elapsed, during which her intellectual faculties were

progressively enfeebled; she became stupid, while the venereal sense was excited to the highest degree. Things came to such an extent that she fell, as it were, into a species of nymphomania, for which she was carried to the hospital. The unfortunate girl presented a kind of automatic motion, which she could not repress. Her head, chest, and upper half of her body were excessively thin, while the lower half was remarkably plump. The sight, and much more, the contact of a male, caused in her a state which was soon terminated by a pollution. By merely touching this girl, her whole person could be agitated and convulsed to a distressing degree. (*Dict. des Sc. Med.*, vol. xxxvi., p. 582.)

CASE 2.—PARENT DUCHATELET relates the following remarkable story of a young girl who had imposed upon herself the terrible yoke of Onanism.

“This girl, whose early childhood was spent with her grandmother, a respectable and religious woman, was about seven years old when she returned home. For the first four months after her return she was very sad, and was not as playful as children are generally, and never caressed her father and mother. She lost flesh rapidly. The cause of this was sought for in vain; when, one day, a few questions having been put to her, she stated that from the age of four years she had been in the habit of seeing boys from

ten to twelve years old; that since she had returned home she had no opportunity, and had indulged in self-pollution. In vain did her parents try to wean her from this vice. They reasoned with and caressed her; they gave her presents, and all the clothes she desired; physicians visited her; the powers of religion were tried—but all in vain. A horrid inelination soon appeared. She now desired to see her parents dead, and even to murder them. This wish she expressed freely, and also her regret at not being able to satisfy her wishes. She promised herself to embrace any opportunity which was presented. The only motives which induced her to this were to possess her mother's jewels, and then to go with the men. Things soon came to such an extent that the parents, for their own safety, were obliged to lock up their daughter every night, as she did not conceal her intention of assassinating them during sleep. The child, being in this manner less exposed to observation, abandoned herself to her habits without constraint, it being the only wish which she could gratify. She never laughed, nor cried. She sat the whole day in a very small chair with her hands crossed, and she abused herself as soon as her mother's back was turned. Punishments succeeded no better than presents or caresses. One day her father tied her to the bedstead. She said, "You

may kill me, but I will not change." These facts gave rise to a judicial investigation, from the minutes of which this statement is taken. (*Arch. d'Hygiène et de Méd. Legale*, January, 1832.)

CASE 6.—CHRONIC ARACHNITIS, &c.—The patient was a boy seven years old, who entered the *Hôpital des Enfants*, at Paris, at the beginning of the year 1816. He was much addicted to Masturbation, and was usually affected with convulsions during the act. He finally became idiotic. He was extremely repugnant to take exercise, and he remained very quiet. His strength failed; his limbs wasted away, and finally he became affected with almost total blindness. The hearing, and generally the external and internal senses were also much weakened. Galvanism and other remedies were employed in vain. The patient died, and on opening the cadaver the brain was found in a high state of inflammation.

CASE 7.—GALL, (in his Treatise on the Functions of the Brain, vol. iii., p. 314,) gives us the history of a boy three years old, who was strongly addicted to Onanism, and in whom two-thirds of the cerebellum was found to be suppurated.

CASE 1.—EPILEPSY, &c.—A young man, nineteen years old, was so much addicted from his infancy to Masturbation, that all mechanical means were tried in vain to conquer this fatal habit. It

was even proposed to searify the Penis in order that his motions might be prevented by pain. All attempts were in vain; and this unfortunate young man, exhausted by continual losses of semen, died three months after entering the Hôtel Dieu, in the most complete state of marasmus. He had often experienced attacks of epilepsy. On opening the dead body there was found in his cerebellum an encephaloid tumor, the size of a walnut, which had begun to soften.

CASE 2.—EPILEPSY, LOSS OF SIGHT, &c.—SERRURIER mentions the following case of Epilepsy, Loss of Sight, and the destruction of the intellectual faculties.

“I always remember with horror the frightful picture presented by a young soldier, after frequent indulgences in Onanism, which were more violent and copious after each epileptic fit. This young man was in a perfect state of marasmus. His sight was lost entirely; he was perfectly imbecile; and even the calls of nature were unanswered by him. His body exhaled a particularly nauseous odor; his skin was livid; his tongue trembled; his eyes were sunken; his teeth decayed; and his arms were covered with ulcers which indicated a scorbutic affection. This state continued for six months, when the melancholy man died, having struggled a long

time against death, which finally terminated his sufferings."

ZIMMERMAN tells of a man, twenty-three years old, who became epileptic, after debilitating his body by frequent Masturbation. Whenever he had nocturnal pollutions a fit of epilepsy ensued, and the same thing occurred after Masturbation; from which, however, he did not abstain, notwithstanding the bad symptoms with which it was followed. After the fit had subsided, he felt very severe pains in the kidneys and around the coccyx. Having, however, abstained from his manipulations for some time, the pollutions disappeared, and the doctor had hopes of curing the Epilepsy, the attacks of which were less frequent. He had regained his strength, appetite, sleep, and color, after resembling a cadaver; but having returned to his bad habits, which were always followed by fits, he was found dead in his chamber one morning, bathed in blood.

MISCELLANEOUS CASES.—Some individuals indulge in Coition and Masturbation, even in an advanced state of disease.

CASE 1.—PINEL says: "I have seen a person affected with a dynamic fever who was entirely exhausted, and yet his passion for Onanism was so powerful, that on the sixth day of his disease he

still attempted to excite his organs, although death was coming upon him."

CASE 2.—FABRICIUS DE HILDEN states the case of a young man whose hand was amputated, and whose physician forbid having any intercourse with his wife, who was also informed of the danger. But when all the symptoms disappeared, and the cure was progressing rapidly, the patient feeling desires to which his wife could not respond, procured a seminal emission without coition; it was immediately followed by fever, delirium, convulsions and other symptoms, and in four days the patient died.

SPERMATORRHŒA.—The tendency to Spermatorrhœa is often hereditary. Congenital predispositions occasionally exist, particularly in those of a nervous disposition; and as very few are aware of the fact, I will give some excellent illustrations of these kind of cases, from L. LALLEMAND'S notebook, which fully confirm those in my own case-book, which are quite numerous: the following will, however, be sufficient to answer all purposes.

CASE 1.—"One of these patients, (continues Lallemand), one day experienced, at the age of sixteen, a fit of irritability and impatience, which however he succeeded in repressing, and he then felt a sudden and impetuous desire of micturation; whilst

emptying his bladder, he perceived a large quantity of pure semen discharged with the last drops of urine. This occurrence was the forerunner of nocturnal and diurnal emissions, which, at the age of twenty-seven, had entirely ruined his health."

CASE 2.—"A third patient suffered in the same way, under similar circumstances; he saw the moment approach for sending in his thesis; the more he endeavored to hurry, the less freely his expressions flowed; at length, on hearing the clock strike, he suffered from so great mental disorder that he nearly fainted; at this moment emission took place."

CASE 3.—"Another, at the moment of competition for a college prize, was unable to find an expression he wanted; at the same time he felt a want to make water, which he resisted by firmly crossing his legs; but his impatience increased, and he shortly experienced an abundant emission without either erection or pleasure."

CASE 4.—M. TISSOT relates the following appalling case:—

"L. D——, was by profession a watchmaker; he had lived prudently, and had enjoyed a good state of health till he was about seventeen years of age; at this period he gave himself up to Masturbation, which he repeated every day, sometimes even to the third time; and the ejaculation was always pre-

ceded and followed by a slight insensibility, and a convulsive motion in the extended muscles of the head, which drew it very much back, whilst the neck was extremely swelled. A year had not elapsed before he began to feel a weakness after every act; this notification was not sufficient to rescue him from his filthy practices; his soul, already devoted to these disorders, was incapable of forming any other idea, and the repetition of his crime became more frequent, till such time as he was in a state which gave reason to apprehend his death. Too late grown wise, the evil had already made so great a progress that he was incurable, and the genital parts were become so easily irritated, and were so weak, that it was no longer necessary that the unhappy youth should be an agent to shed his seed. The slightest irritation immediately procured an imperfect erection, which was instantly followed by an evacuation of this liquor, which daily increased his weakness. This spasm, of which he was not before sensible but in consummating the act, and which ceased therewith, now became habitual, and frequently attacked him without any apparent cause, and in so violent a manner, that during the whole period of the fit, which sometimes lasted fifteen hours, and never less than eight, he felt such violent pains in the hinder part of the neck that he did not

scream out, but absolutely howled; and all this while he was unable to swallow either solids or fluids. His voice was become hoarse, but I did not observe that it was more so whilst the fit continued. He entirely lost his strength, and was obliged to give up his profession, being altogether incapacitated: thus overwhelmed with misery, he languished without any assistance for some months, and was the more to be pitied, as what memory he had remaining, and which he was at length entirely bereft of, only served him to take an incessant retrospect of the cause of his misfortunes, which were increased by all the aggravating horrors of remorse. I heard of his situation, and went to him; I found a being, that less resembled a living creature than a corpse, lying upon straw, meagre, pale, and filthy, easting forth an infectious stench, almost incapable of motion, a watery palish blood issued from his nose, slaver constantly flowed from his mouth; having a diarrhoea, he voided his excrements in the bed without knowing it; he had a continual flux of semen; his sore watery eyes were deadened to that degree, that he could not move them, his pulse was very small, quick, and frequent; it was with great difficulty he breathed, reduced almost to a skeleton in every part excep this feet, which became œdematous.

“The disorder of his mind was equal to that of

his body : devoid of ideas and memory, incapable of connecting two sentences, without reflection, without being afflicted at his fate, without any other sensation than pain, which returned with every fit, at least every third day. Far below the brute creation, he was a spectacle, the horrible sight of which cannot be conceived, and it was difficult to discover that he had formerly made part of the human species. I had immediate recourse to the assistance of strengthening remedies, in order to remove these violent spasmodic fits, which so dreadfully brought him back to sensibility only by pain. I contented myself with having given him some ease in this respect and I discontinued administering remedies which could not ameliorate his condition."

CHAPTER XII.

MISCELLANEA.

CIRCUMCISION—THE PREPUCE—PHYMOSIS AND PARAPHYMOSIS—CIRCUMCISION, HOW PERFORMED—EXTIRPATION OF THE CLITORIS—HERMAPHRODITES—CASTRATION AND EUNUCHISM—GENERAL REMARKS.

CIRCUMCISION. — In connection with Seminal Emissions and Masturbation, we may consider the matter of CIRCUMCISION. The act consists in removing the prepuce skin, or foreskin of the penis, (covering the glans) by a surgical operation: after which Masturbation is difficult. The word "*prepuce*" is derived from the Latin *præputo*, to lop off before.

We read in the Bible that Circumcision was the seal of the covenant which God made with Abraham and his posterity. Biblical commentators think it was instituted to prevent *Self-pollution*. It is believed by many other than the Jews, even by sincere *Christians*, that were Circumcision more generally practiced, there would be far less Masturbation, and the evils arising from this cause.

Circumcision was an ante-Mosaic rite. It was

known prior to the time of Moses, the patriarch. It was practiced in Egypt and Ethiopia from the earliest times.

The ceremony, as practiced by the Jews of our own day, is as follows:—

When a male child is born, the godfather is chosen from among his relatives, or near friends. If the party is not in circumstances to bear the expenses, which are considerable, (including the expenses of a luxurious breakfast,) it is usual for the poor to get one among the richer, who accepts the office and becomes a godfather. There are also societies formed among them for the purpose of defraying the expenses, and every Jew receives the benefit if his child is born in wedlock.

The circumciser being provided with a very sharp instrument, called the circumcising-knife, plasters, cummin-seed to dress the wound, proper bandages, etc., the child is brought to the door of the synagogue by the godmother, when the godfather receives it from her, and carries it into the synagogue, where a large chair is placed. The godfather being seated, and the child placed on a cushion in his lap, the circumciser performs the operation. Forms are repeated by the circumciser, the parents, and the congregation

THE PREPUCE.—A tight Prepuce, in connection

with an abnormal, or unnatural accumulation of a fatty matter back of the head of the glans penis, sometimes occasions inflammatory symptoms, with small ulcers on the glans. This is the disorder known as *Balanorrhœa*—an affection which might be readily mistaken for *Syphilis*, or Venereal Pox, by uninformed persons. If the Prepuce is so long that it hangs beyond the glans, like a tube, and is so tight that it cannot be drawn back over the head or acorn of the penis, a condition is induced which is called *Phymosis*. This not only gives rise to uncleanness, but often prevents the discharge of urine, or the free escape of the semen during sexual congress, producing distressing and annoying results.

Sometimes the Prepuce, by disease, may be drawn back over the head of the penis, so that it cannot be brought forward again. A kind of ligature is thus created, which, unless speedily removed, will arrest the circulation of the blood in the head of the penis, cause it to mortify and drop off entirely. This state of the Prepuce is called *Paraphymosis*.

If either of these affections occur in young children, they should be alleviated without delay, in order to allay the disagreeable itching which is a primary cause of that dreadful scourge of the human race—*Masturbation*.

The foreskin is that part which the Jews and

Mohammedans circumcise in imitation of the ancient Egyptians, in order to prevent painful inflammation, or Masturbation, and its direful consequences. The pleasure in the copulative act, among the Turks or Jews, or those who have undergone circumcision, can scarcely be in a less degree than that which is experienced by the uncircumcised. The circumcised, at least, do not complain in this regard; although it is asserted on good authority, that the women of the East prefer the uncircumcised.

CIRCUMCISION is performed as follows: The Prepuce or foreskin is pulled forward as far as possible over the head of the penis, and forcibly held by an assistant with a pair of forceps. Then the surgeon takes that part of the Prepuce projecting beyond the forceps with his left hand, and with a bistoury or sharp instrument cuts it off. The lining is then divided by a single cut with the scissors; the flaps are next removed round to the *Frænum* (at the under part or latch of the penis), and then both removed with the *Frænum*, at one cut.

This operation is also necessary in natural or congenital Phymosis, when the flow of urine is impeded, or sexual commerce is prevented, in cases of adults.

EXTIRPATION OF THE CLITORIS.—It was the "Lesbian Love" which led to the extirpation of the

Clitoris for the purpose of arresting this abuse. The Clitoris is placed at the external upper part of the female organ of generation. The usual size of this organ is somewhat *less* than the point of the little finger, and resembles somewhat the male penis. It is larger in the negress than in white women. It sometimes acquires an extraordinary magnitude. FABRICIUS says that he saw one as large as a goose's neck. There are many proofs on record of women with large clitorides having seduced young girls. To this day the Asiatic nations, particularly the Arabians, to prevent such unnatural connections, and to preserve the chastity of their females, are in the habit of removing the clitoris, when of a large size. It is owing to this size alone that the idle and marvellous tales about *Hermaphrodites* have been told. We have no such combination of the sexes but in this way. It is by no means uncommon for a midwife to be in doubt to which of the sexes the child at birth belongs. On examination, however, it will be found that the Clitoris has no urethra, or tube, through which semen can pass, as in the penis of the male. From the delicate structure of the Clitoris, and its extreme sensibility, it is the principal seat of pleasure during sexual connection. When titillated, it becomes erect, and the portion of it which runs round the margin of the vagina, by

swelling, grasps the penis. Indeed, the penis of the male, and the Clitoris of the female, seem, in some respects, to resemble each other. They are both possessed of similar sensibility; they are both capable of erection; and each of them can support these states till the action during coition alters the sensation.

In some cases, the Clitoris is the size of the penis of a boy of two years, and thus affording an unnatural satisfaction of the sexual instinct between two women. Among the women of Abyssinia, among the Mendingas and Ibbos, its size is so considerable, that it is a popular usage to clip off a part of it, as being a hindrance to sexual intercourse between male and female. When, after the conversion of the Abyssinians to Christianity, the circumcision of the women was abolished as a remnant of paganism, the men rebelled against this innovation, and the opposition was not appeased until a surgeon was sent by the Propaganda from Rome, who declared the restoration of the former custom necessary. In southern climates, the Clitoris is larger than in the temperate and frigid zones.

CASTRATION.—It may be well supposed that the testicles, which secrete the semen, are the most essential portion of the organs of generation. They determine the sexual character of the man. Their

loss annihilates his generating faculty, and effaces all his other sexual attributes. The value which men place on these organs, (testicles,) or rather on the due performance of their functions, is rendered evident by the fact, that suicide is not unfrequently caused by their supposed or real imperfection.

Men, upon whom the operation of *Castration* has been performed, generally become moping and melancholy, and speedily perish.

EUNUCHISM.—Eunuchs, who have been castrated prior to the age of pubescence, never arrive at the full vigor and enjoyment of manhood. There is a marked difference in the external character of a man and of a Eunuch. The voice of the latter resembles that of children; the hair is thin and delicate; the limbs are small; the beard and whiskers do not grow, or at least are thin and scattered, while the mental faculties are feeble or relatively idiotic. Indeed, such is the similitude in the structure of the brain and of the testicle, that there is an extraordinary sympathy between them, undoubtedly exercising great influence on the desire for sexual intercourse. In fact, the influence of the mind on the organs of generation, and of the latter on the mind, is completely reciprocal.

The testicles are generally two in number; sometimes there is but one; while in other cases, three,

four, and even five, have been found. Occasionally, also, they do not attain their full size and power of secreting semen. This may arise from an *arrest of the development* of the testicles, caused by an indulgence in *Self-pollution* or *Masturbation*, prior to puberty. Those in whom more than a pair of testicles are found, are regarded as more than ordinarily salacious, or fond of sexual indulgence. Such persons have a penis of inordinate size; while in those who have only one testicle, or who have both imperfectly developed, the penis will be reduced to resemble that of a boy's at five years of age.

In regard to CASTRATION, or EUNUCHISM, the invention is not only cruel but absurd. *Infibulation* among men is to prevent them from indulging in love, and in order to preserve the delicacy and flexibility of their voices. This was practiced by the Romans upon their players, by passing a ring of metal through the prepuce. Such is also the *Cincture of Virginity*, and the attachment of parts among the African and Asiatic women. Such likewise is *Castration*, or Eunuchism, which is said to have been invented by SEMIRAMIS for men, and by GYGES for women. Hence the crowd of timid *Castrati* who, even at this day, fill the theatres, or sing in the churches of Italy.

The removal, however, of a single testicle, does not suspend the generative faculty in men ; and there are examples of pregnancy, notwithstanding the alteration or obliteration of one ovary or receptacle for the ova, or eggs, in the female. Among others, history informs us that *Sylla* and *Timur-lung* were *natural MONORCHIDES*, or those born with a *single* testicle.

Castration is sometimes effected by the mere compression of the blood-vessels which supply the testicles. This is the least dangerous method, but it will not always deaden the power of love or sexual desire. The erection of the penis often takes place in Eunuchs ; hence they are capable of coition. The Roman ladies sometimes amused themselves with their Eunuch slaves. JUVENAL, in his sixth satire, says :—

“ Sunt quas eunuchi imbelles, ac mollia semper
Oscula delectent et desperatio barbæ,
Et quod abortivo non est opus.”

Even in modern times the same custom prevails among the women of Italy, Spain, and Portugal. To prevent these indulgences in their harems, the most jealous Turks seek for Eunuchs who are deprived of all external organs of generation ; yet even these unfortunate slaves sometimes experience amorous irritations.

In a moral point of view, Eunuchs are generally

the vilest portion of the human species. They are envious and wicked, because they are wretched; and cowardly and deceitful, because they are weak. Not only in Europe, but in Asia, they pass almost immediately from youth to decrepitude. ST. CHRYSOSTOM reproached the Eunuch EUTROPIUS, that his countenance, when deprived of paint, was more ugly and wrinkled than that of an old woman. NARSES is almost the only Eunuch, who, in ancient times, exhibited great energy of mind. How much courage and magnanimity might he have shown, if he had not been subjected to that barbarous mutilation! I may also name SALOMON, one of the lieutenants of *Belisarius*, who displayed such rare ability and great courage in the war against the Vandals in Africa.

In the eighteenth century, Pope CLEMENT abolished castration of youths, which was then practiced in Italy for the purpose of retaining the soprano voice. It was well known that the castrated preserve the shrill voice (*voix aigue*) of infancy, at the same time that the chest becomes fully developed, thus giving volume to the voice. Women, in those days, were not admitted to theatres; hence this horrid mutilation, as it qualified them to sing soprano parts.

In the article on "Eunuchs," in the "Dictionnaire

des Sciences Medicales," it is stated that no Eunuch can now be received into the priesthood of the Catholic church. Priests, however, are required to observe a *moral* eunuchism, inasmuch as they must be bachelors, and vow to lead a life of celibacy. Still they have the merit of resistance to the thorn in the flesh, in order to obtain *la palme de la récompense*.

GENERAL REMARKS.—Thus we cannot shut our eyes to the fact, that the existence of testes, and the power of secreting semen, have a powerful influence on the development of the system. Not only is this the fact with the human being, but with the lower animals. The same relation that subsists between the testicles and the brain of man, is relatively observed between the bones and the testes. Sir PHILIP EGER-TON has made some experiments which incontestably prove the influence of the testes on the horns in stags—the one being the recipient of the blood when the other no longer requires it. He ascertained that fawns, when cut prior to the formation of any horn—that is, within a week or so after birth—both testes being removed with a portion of the *vas deferens*, or seminal cord, will never bear horns, however long they may live. If, however, the bodies of the testes only be taken away, leaving the “knob” (epididymus) attached to the cord, the animal will have horns, and renew them annually.

There can be no doubt that entire horses are capable of undergoing more work than geldings. It is a saying in Norfolk, England, that a stallion in draught is equal to one gelding and a half. The same influence of the testes will be noticed in many other instances. The castrated creature is never equal in power and endurance with the perfect or unmasculated one, nor will they compare in size, symmetry, strength, fleetness, and beauty.

In conclusion of this description of the organs of generation, I deem it proper to remark, that the *mind* does not seem to have an *entire* power, either over the production of erection or of our powers of coition. It certainly greatly assists these acts; but in order fully, and satisfactorily to all parties, to do these duties properly, there is a state of the body which must co-operate with the state of the mind. In this connection I may remark that the result of *love* is MARRIAGE. In sooth, for no one circumstance of civilization have we more reason to rejoice than in such an institution. The wisdom of marriage, as we now understand it, has been acknowledged by every modern civilized nation. It is the basis of a nation's prosperity, and of individual happiness. It gives legal and strong possession of the object of our love. It establishes regulation and order; forms links of relationship, and

renders each country one large family. A happy marriage is the alpha and omega of every man and woman's hopes. There is no pleasure in life comparable to it, where it is *unalloyed by physical or mental qualifications*; but, alas, for want of such knowledge as this book contains, or because man does not "*know himself*," how rarely is such a consummation to be found. It is a happy state indeed "when," as the Psalmist says, "the fountain is blessed, and he rejoiceth with the wife of his youth;" or, as the eloquent THOMSON, the poet of "The Seasons," so beautifully, truly, and naturally pictures the happy state of marriage:—

"O happy they, the happiest of their kind!
Whom gentle stars unite, and in one fate
Their hearts, their fortunes, and their beings blend.
'Tis not alone the tie of human laws
That binds their peace, but harmony itself,
Attuning all their passions into love.
Thought meeting thought, and will preventing will,
With boundless confidence: for nought but love
Can answer love, and render bliss secure."

APPENDIX.

INVOLUNTARY SEMINAL EMISSIONS.

CAUSES OF SPERMATORRHŒA.

SPERMATORRHŒA is one of the most frequent, obstinate, and disastrous consequences of sexual excesses, particularly of long-continued Onanism. The phenomena which characterize the disease are generally attributed to some derangement of a cardinal portion of the nervous system, particularly the spinal marrow, although such nervous derangements are generally secondary, sympathetic affections.

Through the progress of science it is easy to diagnose the disease, and to cure it, provided the patient is willing to obey the instructions of his physician.

The following may be looked upon as some of the principal special causes instrumental in producing the disease:—

1. GONORRHŒA, especially chronic Gonorrhœa. This disorder is usually located in the portion of the urethra, where the seminal ducts terminate. Hence the necessity of removing, as soon as possible, even the lightest forms of this disease.

2. IRRITATING INJECTIONS IN THE URETHRA. These injections, if used to excess, or at improper periods, or if too acid, frequently cause the inflammation of the mucous membrane to extend to the posterior portion of the urethra.

3. STRICTURE OF THE URETHRA. Behind the stricture the urethra generally enlarges, the mucous membrane is irritated by the urine which collects in the enlarged portion, an in-

creased quantity of mucus is secreted, and the inflammation generally spreads to the more deep-seated portions of the urethra. While endeavoring to expel the urine, the orifices of the seminal ducts become relaxed, and the involuntary discharge of semen is facilitated thereby.

4. MORBID CONDITIONS OF THE RECTUM, such as obstinate constipation, piles, painful fistulæ of the anus, tumors, diarrhœa, etc. Some of these conditions act mechanically, in consequence of the effort which is required during stool; others, like the piles, by communicating the irritation to the seminal vesicles.

5. ONANISM.—This is undoubtedly the most frequent cause of spermatorrhœa. The disastrous habit induces a constant irritation of the sexual organs; a more frequent and more copious determination of blood to these parts, which is alone sufficient to cause a loss of semen. After such an irritation has lasted some time, the internal sexual parts become weaker, relaxed, particularly the orifice of the seminal ducts, in consequence of which the seminal fluid escapes more easily.

6. SEXUAL EXCESSES WITH WOMEN.—These injurious consequences are of a threefold character. *First*, an increased secretion of semen, in consequence of the frequent irritation of the sexual parts. *Secondly*, relaxation of the whole body, and particularly of the sexual organs. *Thirdly*, irritation, and even chronic inflammation of the seminal vesicles and the ejaculatory ducts, which may be inferred from the suddenness with which the semen is discharged, and from the pain by which the discharge is accompanied. The bad effect is still increased by retaining the semen as long as possible, either for the purpose of perpetuating the pleasurable excitement, or from some other cause. By this means the vesicles and the ducts become distended, and the orifice of the ducts lose their tone and elasticity.

7. FREQUENT EXCITATION OF THE SEXUAL INSTINCT, without subsequent natural gratification, either by lascivious books, or by intimacies with females, except sexual intercourse. In consequence of this excitement, there is a considerable rush

of blood to the sexual parts, the penis swells, becomes erect, and such erections last much longer than during an embrace; a viscous transparent fluid, the prostatic fluid, or even real semen, is discharged from the urethra; a violent throbbing sensation is experienced in the perinæal region; the face becomes flushed; the heart beats more violently. And a frequent repetition of such fruitless intimacies brings on formication and shooting stitches in the back. The immediate consequence of this exaltation is a relaxation of the seminal vesicles and of the orifices of the seminal ducts, which are endowed with a similar but weaker power, as the sphincter muscles of other orifices of excretory ducts.

8. ABSTEMIOUSNESS.—Excessive abstemiousness may likewise be attended with involuntary seminal losses. In a full-grown young man, especially if he lives well, the testicles constantly secrete semen, which ought to be discharged from time to time, proportionally to its quantity and the rapidity with which it is secreted. If this discharge is not effected by coitus, the excess is got rid of by involuntary nocturnal emissions, the frequency of which is in proportion to the quantity of semen secreted. When emissions take place every night, especially if the patient had been given to excessive intercourse previous to becoming abstemious, they will prove injurious.

9. DISEASES OF THE CEREBELLUM AND THE SPINAL MARROW.—The cerebellum and the medulla oblongata are in close relation to the sexual organs. It has been noticed that a disorganization of the cerebellum impairs the sexual functions, and that a complete atrophy of the cerebellum is succeeded by their complete extinction. GALL directed attention to the fact, that the cerebellum is the seat of the sexual power. He presents many cases going to show that many diseases of the brain, such as inflammation, tumors, mechanical injuries inflicted by a blow, concussion, etc., cause a violent excitement of the sexual passion, and consequent seminal emissions. Various diseases of the spinal marrow are still more frequent causes of spermatorrhœa, because a flow of semen is a standing symptom of many such spinal irritations, and consequently in-

creases the debility. In these diseases the sexual organs are deprived of the normal nervous influence which they require for the healthy exercise of their functions. The semen loses its vivifying properties, the testicles hang down relaxed, shooting stitches are experienced in the spermatic cord; the erections are either imperfect or entirely wanting, and an unavoidable consequence is *Impotence*, etc.

There are many other special causes of Spermatorrhœa, as excessive length of the prepuce and consequent phimosis; excessive use of tea and coffee, *aphrodisiaca*, cantharides, violent cathartics, warm and irritating ejections, intestinal worms, riding on horseback, sedentary habits, and lastly, various *idiosyncracies*, which it is not always possible to account for upon physiological principles. Many persons are even attacked with seminal losses on looking down from a height, etc.

As regards the phenomena which accompany Spermatorrhœa, we have to consider, in the first place, whether the seminal losses take place in the day-time, or at night.

NOCTURNAL POLLUTIONS.—While it is quite easy to ascertain the involuntary discharges which take place during sleep, there may be some difficulty in appreciating the degree of importance attached to them. They are not all equally injurious; under some circumstances they may even serve a very useful or necessary purpose, in maintaining the *vis medicatrix* of the animal economy. The most copious nocturnal pollutions, as already intimated, are far from being always the most hurtful. If they arise from *true* spermatic plethora, they will relieve erotic excitement, with its accompanying agitation, anxiety, uneasiness, and indefinable trouble in all the functions. There will be a general feeling of comfort; the head will be clear, the ideas bright and flowing with rapidity, the motions nimble, while there will be more inclination to amusement and to every kind of occupation.

I am inclined to believe that such involuntary discharges are periodical, and probably take place about every thirty days, correlatively with the menses of the other sex, in all persons of full normal health. Many healthy and continent per-

sons have assured me of this fact, from their own experience, although I can offer no physiological proof of such a conclusion, concomitant of my own especial professional reading and practice.

As a general rule, however, nocturnal emissions are to be viewed with suspicion and alarm. They are not always the result of spermatic plethora. When there is a feeling of discontent, idleness, weight in the head, disorder in the ideas, etc., after frequent emissions, we may be sure that the natural functions are out of tone, and require to be strengthened by suitable remedial agents, as exercise, attention to diet, and a change of pursuits and pleasures. There is, however, yet no disease; the economy is not permanently disordered, but there is a degree of instability in the patient's health, a valetudinary condition, the progress of which it is necessary to arrest. In these simple and early cases coitus may be useful, as it will give tone to the organs, and break up the habit of involuntary emissions. At a later period, coitus has its dangers, while Masturbation will produce the most alarming aggravations of the general weakness.

10. HOW OFTEN SHOULD COITION TAKE PLACE?—In wedded life, moderate coitus is a requirement or mandate of nature; if too often indulged, it will soon be found highly prejudicial to the system, at once introducing a train of diseases, and preventing the procreation of healthy offspring. It is difficult to say how often copulation should take place, as much will depend upon the constitution, habits, and idiosyncracies of the parties. Once a month, in ordinary cases, is perhaps sufficient; but once a week would scarcely be considered an excess of venery. It requires at least three days to secern a *pure* spermatic fluid, or a semen imbued with a healthy fructifying principle. This precious gift, which is one of the first means of promoting health and cheerfulness of mind, may be so abused as to destroy the organism, and become a source of torture and misery. These sexual excesses undermine health, shorten life, destroy the happiness of families, incapacitate the

male from the noble office of procreating offspring, and deprive woman of her beautiful mission of bearing children.

Twenty-four hours after a seminal discharge, the seminal vesicles are again full; but it takes a few more days to impart to this semen vivifying properties of a healthy nature. Not only is semen the most precious and concentrated secretion of the human organism, but its production takes place more slowly than any other. This is owing to the length of the route which the semen has to traverse. Were all the seminal canals extended in one line, it would be about 1050 feet long, or, as Munro, the English anatomist, says, 1208 feet! This immense length shows that it is not only difficult for the semen to be reproduced, but that its excessive use must be attended with disastrous consequences to the general organism. However, as a general rule, the healthy person, concerning the frequency of sexual intercourse, may adopt the maxim of Martin Luther, the great Protestant Reformer, that "twice a week, or one hundred and four times a year, hurts neither me nor thee."

Excess, however, depends not so much upon the frequency as upon the quality of the act, the age and temperament of the parties. As Celsus says: "Coit will not be hurtful, if it be not succeeded either by lassitude or pain."

History tells some extraordinary stories of the venerous powers of certain men. Hercules is said to have impregnated fifty girls in one night. The Emperor Proculus boasted of having impregnated a hundred Samaritan maidens in a fortnight. Phares relates of a Moorish prince, that he had intercourse with forty women in three days. A woman requested protection of the King of Arragon against the passion of her husband, who used her ten times every night. The king confined him, under penalty of death, to six times a day. A mountaineer of the Eastern slope of the Pyrenees, married eleven wives in the space of fifteen years. He used them so often and vehemently, that all of these women died of severe uterine affections. He was forbidden to marry the twelfth time.

History has also preserved the names of women who had carried their licentious habits to the highest degree without their health being visibly affected by this libertinage. Quarta, a Roman woman, boasted of having never been a virgin, and requiring the use of a man thirty times a day. Lysisca stood the embraces of fifty robust men in succession. Cleopatra entered in disguise a brothel of Rome, and in one night triumphed by twenty-five times over the basest prostitutes. In one night, Messalina used one hundred and fifty men without being satiated. Bertrand Rival relates that during the first French Revolution, a beautiful and modest girl was ravished by twenty-eight hussars; and that the only bad effects of this violence were a slight irritation of the vagina, and a few scratches, which soon healed again. A physician of Paris relates the case of a woman of forty years old, who had used a man ten times a day for twenty-two years, and still enjoyed good health. As a general rule, women are less exhausted by intercourse than men, and preserve their strength better. Daily experience shows that a man will ruin himself by excessive coït; whereas, we see prostitutes getting fat in spite of their dissolute lives. Very fat men, on the contrary, are usually incapacitated for venereal indulgence, and rarely prolific. Women frequently complain that their husbands do not satisfy them, but men are seldom heard to complain of their wives.

These cases of excesses are exceptions, and even these exceptions finally lead to serious derangements—but much more frightful are the consequences which flow from artificial manipulation of the sexual organs.

LOCAL SYMPTOMS.—When nocturnal pollutions are excited by Masturbation, or by venereal excesses, serious disorders will soon be observed. By degrees all the phenomena or excitement, which preceded or accompanied the crisis, disappear entirely; emissions occur without dreams, erections, pleasure, or any particular sensation, so that the patient only discovers what has taken place by finding the marks on his linen. The seminal fluid gradually loses its consistence, color, smell, and

even its spermatozoa, while it more resembles mucus or prostatic fluid. These watery evacuations are followed by similar but more violent effects. The seminal vesicles discharge a large amount of viscid matter. The emission is sudden. They will happen frequently in one night, although the patient is sometimes unaware of the fact. The sleep, however, is usually light and broken, and the patient will find the matter in the hair around the base of the penis, in the perinæum, and even on the thigh. When it becomes dry after flowing over the skin, it forms a thin, brilliant pellicle, resembling the mark left by the garden snail. A good deal of this matter will be found on the interior of the prepuce; sometimes the prepuce is entirely filled with it, showing the flaccidity of the penis, and the little energy of the seminal vesicles. This kind of progressive decrease in the excitement of the genital organs, with the corresponding increased alteration in the qualities of the semen, is accompanied with notable increase in the severity of the general symptoms, and in the difficulty of treating them. Patients sometimes practice Masturbation or coitus so furiously as to cause emissions of blood. The semen is rarely purulent or sanious in patients affected by involuntary discharges; such characters evince a profound lesion of the spermatogenic organs, which would be soon followed by death, if continued in so great intensity. The diminution of the energetic phenomena should cause uneasiness and alarm, for the reason that the most debilitating discharges, and those most difficult to cure, are those that take place most passively. The more the seminal fluid loses its distinctive characters and becomes watery, the more hurtful are the effects of the discharges on the system.

DIURNAL POLLUTIONS.—These take place during the waking state. They may happen during defecation and the emission of urine. In robust people, they may happen from unusual continence, riding on horseback, etc. Accidental or long constipation will cause them. They will occur as the effects of long-continued sitting of literary men and others. After having produced heat in the margin of the anus and perinæum,

with frequent and prolonged erections, sedentary habits are often followed by a completely opposite condition, without the transition from one state to another being appreciable. The long use of astringents and bitters, together with all causes capable of inducing constipation, tend equally to transform diurnal pollutions, which are harmless at first, into serious and intractable diseases.

Seminal discharges that take place during the emission of urine are the most serious and most obstinate of all, because they are the most often, and the most easily repeated. They are also very obscure, on account of the alterations the semen undergoes, and of its mixture with the urine, at least in the majority of cases. I must lay considerable stress on the means by which the presence of these discharges may be ascertained, and therefore refer the reader to the chapters on this subject in this work.

IMPOTENCE.—Loss of virility, when not attributable to any evident cause, must be considered a local symptom, and one of the most certain of seminal discharges. The effects of age, of serious diseases, and of lesions of the testicles, are of course left out of the question in this statement; and there are also other cases which must be carefully distinguished from habitual or acquired impotence. Impotence and sterility of the male, are weaknesses which, though differing in form, resemble each other in one respect: both arrest the faculty of propagating the species. By impotence we mean an inability to exercise the act of coition. Impotence is necessarily accompanied by sterility. In sterility coitus may take place, but there is no conception. Generally speaking, impotence applies to the male, and sterility to the female.

Under the influence of powerful moral impressions of whatever kind, the genital organs may occasionally not respond to the most energetic desires. Sometimes, even the violence of the excitement may prevent its external manifestation. Such accidental circumstances should therefore be distinguished from habitual impotence. In other cases, too, the evolution of the genital instinct never perfectly takes place. Some even

never experience a commencing puberty. LALLEMAND once saw a man thirty years of age, very fat, without beard, and without hair on the pubes, whose testicles and penis appeared to belong to a child seven of years of age. He had never experienced erections or venereal desires. This case must be considered as the type of congenital impotence. It is rarely so complete, but in no case must it be confounded with the acquired condition.

Impotence is also chiefly caused by diseases of the brain and spinal marrow, arising from Onanism and sexual excesses. Diseases of the urinary and sexual organs, and abdominal affections, likewise weaken the sexual functions. Intoxication is an obstacle to sexual intercourse. Drunkards are frequently affected with impotence.

The presence of well-formed semen, in the seminal vesicles, is the cause of all normal erections, and without this essential condition, either direct or indirect, excitement would have no action on the erectile tissues. Habitual and acquired impotence, therefore, arises from the want of the normal stimulus in the vesicles, and is, consequently, one of the most certain signs of the presence of diurnal pollutions. Thus, the local causes of impotence may be various, either purely physiological and functional, or resulting in alterations of the secretions as organic and congenital.

The loss of the testicles is a principal cause of impotence and sterility. Retention of the testicles in the abdominal cavity is another cause. So is disease of this organ. Cancer, tuberculosis, etc., completely destroy the virile power. In short, any thing that has a tendency to weaken the fecundating power of organs, or to cause spermatorrhœa, will induce impotence and sterility.

Among congenital malformations, we distinguish—

1. *Smallness of the Penis*.—All the rest of the organs being normally developed, the penis may nevertheless remain small, without the party being sterile or impotent. A mere ejaculation of the semen against the outer pudendum is frequently sufficient to effect fecundation. Sometimes the penis of the

male is not much larger than the clitoris of the female. Evidently, sexual intercourse is impossible when the male organs are shrunk to this diminutive size.

2. *Atrophy of the Penis* is almost always accompanied by atrophy of the testes, and always causes impotence and sterility.

3. *Apparent Diminution of the Size of the Penis.*—This takes place in large scrotal herniæ; sarcocele, hydrocele, may occasion impotence until disorganization is removed.

4. *Phymosis*, or excessive length of the prepuce, may also lead to impotence. If the prepuce is so long and narrow that it cannot be drawn back over the glans, the ejaculation of the semen is impeded. Circumcision may restore the fecundating faculty.

Imperfect or suppressed erections constitute a mechanical obstacle to the sexual act. The weakness may arise from abuse or severe disease. A deviation of the erect penis from the true line likewise prevents its approach to the os tincæ. This defect arises from an extreme shortness and tension of the suspensory ligament of the penis, or of the frænulum; or it may arise from paralysis of one of the corpora cavernosa, or the condition may resemble that of chordee in gonorrhœa, etc. The urethra may be closed up by ulcers on the penis, strictures, while the passage of the semen may be obstructed in other ways. Congenital malformations of the sexual organs, causing impotence and sterility, cannot be removed by art. Nevertheless, if weaknesses result from general debility of the sexual organs, or abuse of the sexual functions, they can be cured, provided the patients are in the hands of intelligent and experienced physicians.

Sterility of the Female.—Sterility occurs much more frequently in the female than in the male. It frequently occurs after sexual excesses, or in consequence of Onanism. Considerable fleshiness is likewise a frequent cause of sterility. A lascivious disposition and excessive intercourse will prevent conception, as is seen in the case of prostitutes. Females who marry either too young, or too old, are likewise apt to be

without children. There is scarcely a woman who is entirely devoid of sexual desire; but even if this were the case, she might yet conceive, considering that the part she performs in the sexual act is of a very passive nature. Women, in whom the sexual passion is inactive, are more easily impregnated than women with strong sexual desires. The same diseases which cause impotence in the male will cause sterility in the female. The same remark applies to the use of coffee, tea, and spirituous stimulants. Diseases of the ovaries, inflammation, dropsy, hydatids, the absence of the menses, copious leucorrhœa, functional derangements, congenital malformations, etc., are all among the causes of sterility.

Besides these exceedingly important defects, there are other relative causes of sterility. There may be perfect development of all the organs, and yet conception not take place. Such causes, for example, are antipathy or antagonism between the married partners; extreme difference of age, constitution and temperaments, as when a very old man is married to a young wife, or an old woman to a young husband; or where a cold and phlegmatic husband has a wife of very ardent temperament, and *vice versa*. Such causes are quite frequent, although it is not always easy to find them out.

There are instances of sterility of five, ten, or twenty years standing. Henry II. had no children by the Duchess of Urbain for ten years. When on the point of separating from his wife, his friends advised him first to consult the celebrated Doctor FERNEL. "Will you make my wife a child?" said the king, smilingly. "Sire," said the Doctor, "you will have to do that, but I will tell you how." The Doctor's advice being followed, the Queen soon gave birth to a child, and the Doctor received a present of seventy thousand dollars for having brought about the happy conception. Anne of Austria, had been married to Louis XIV. for fifteen years before she had a child. I delivered a lady of her first child, about a year ago, who had been married twenty years.

It often happens that women who had no children by a first husband, have children by another, and *vice versa*. In 1658,

the Marquis de Langry married, at the age of twenty-five, Lady Mary de Countemoir, fourteen years old; and for four years they lived on the best possible terms together. In the fifth year, she charged her husband with impotence, and obtained a divorce from him. He afterward married Diana of Montault, and had seven children by her.

The treatment of sterility is pretty much the same as impotence. The conscientious physician must take cognizance of every circumstance, the whole history of the parties themselves, even of their parents, the condition of the sexual organs, in order to suitably treat each case of sterility, &c.

GENERAL SYMPTOMS.—Involuntary seminal discharges may oppose fecundation previously to actually producing impotence, by diminishing the energy of all the phenomena that occur to the accomplishment of the act, and by preventing the complete development of the spermatozoa, as well as the elaboration of the fluid which acts as the vehicle for them.

Fever.—Whatever may be its character, fever can never be considered as a symptom of involuntary seminal discharges—such evacuations, however serious they may be, never producing febrile excitement. Patients suffering from spermatorrhœa, however, are not exempted from fevers arising from other causes. Indeed, they are more liable, in consequence of their constitutions resisting such causes less directly. These fevers must, therefore, be considered as accidental complications, and treated as such.

Symptoms affecting the Digestive Organs.—At first, Venereal excesses are generally accompanied with an increased appetite, from the necessity the economy experiences of making up its daily losses, and from the excitement of the genital organs. Masturbation often produces analogous results. Sometimes extreme voracity is produced by such abuse of the organs. The sensation experienced is not precisely that of common hunger: it is rather a sense of gnawing and heat referred to the epigastrium or pit of the stomach, or a kind of uneasiness or sinking, which sometimes nearly causes fainting. A small quantity of food puts an end to this sensation,

and soon afterward disgust is felt. But the patients compel themselves to eat against their will, or they increase the number of meals in proportion as the uneasiness in the stomach becomes more frequently repeated. By some means or other, they generally take more food during the day than the stomach is able to digest.

Almost all, too, seek the most spiced and savory kinds of food, and take alcoholic drinks, coffee, etc., in order to favor the digestive process. But these dangerous auxiliaries cannot restore the original vigor of the digestive organs; they only beget excitement, not healthy strength. Hence, the illusion produced by this stimulating diet, is not of long duration. Those who expect the greatest benefit will soon find their digestion more difficult and painful; they have thus increased the irritation of the stomach.

A constant and remarkable increase of the involuntary discharges results as much from the effects such excitants produce on the whole economy, as from the special influence of the stomach on the spermatie organs; for there is no reciprocal act, as usual. The various phenomena attending digestion are too well known by physicians to require further elucidation in this place.

Nutrition.—The whole economy necessarily feels the effects of serious digestive disorder; for the condition most essential to nutrition is good digestion. The phenomena which follow meals in such cases show clearly enough that digestion is incomplete; absorption can, therefore, only obtain little reparative matter from a mixture of useless, or even injurious materials. Hence, the structures of the body necessarily lose substance, and the functions languish. Not only do the patients become emaciated, but there is decreased energy and activity of all the organs; for it is necessary that all, in order to act well, should constantly receive a full supply of rich blood.

Animal Heat.—As soon as the digestion becomes deranged, and the *em-bon-point* decreases, the patients become sensible to the influence of cold. They soon find that they must clothe

themselves more warmly, keep out of draughts, and use increased precautions of every kind, in order to prevent pain in their limbs, catarrhal affections, etc. But being very warmly clothed, they are unable to take any exercise without being covered with perspiration, which comes on very rapidly. On the other hand, again, warmth during the night exposes them to the occurrence of pollutions.

Respiration.—Not only while running, or ascending a hill or stairs, but even on taking very slight exercise, patients affected with Spermatorrhœa become out of breath; sometimes even they feel oppressed breathings during absolute quiescence. They frequently sigh also.

Patients suffering from Spermatorrhœa, often experience other symptoms of which it is necessary to be aware. Nervous asthma may be produced by Masturbation. Sometimes patients have a predisposition to pulmonary catarrh with coryza, loss of voice, a dry cough, etc.; in others again, fixed or wandering pains in the thorax; and in a few cases, a sudden pain seizes on the heart, or diaphragm, and for a minute or two causes great agony. Most of the patients whose respiratory apparatus is thus diminished, believe themselves the subject of phthisis, or pulmonary consumption.

Circulation.—It is indisputable that abuse, venereal excesses, and involuntary discharges, often excite, more or less, alarming palpitations of the heart.

General Phenomena.—There are numerous other indications of Spermatorrhœa, such as innervation, loss of sight, hearing, tasting, smell, touch, etc. There is also loss of sleep and general uneasiness, inducing or resulting in many disorders, such as cranial congestion, cephalalgia, hypochondriasis, loss of memory, impairment of the intellect, insanity, paralysis, etc.

The patient must understand that the *actual* condition of the spermatic organs must be *altered* in order to obtain a cure. This point must never be lost sight of in considering the means to be employed for the treatment of Spermatorrhœa. The remedies are numerous and of very opposite classes, requiring considerable experience and skill in their adaptation

to the temperament or idiosyncrasy of each patient, as well as to the different stages of disease. The patient should place himself under the care of some conscientious, and intelligent, and experienced physician for medical treatment, and shun the dens of quackery and empiricism which are found in such numbers in every part of the land.

NEW CASES OF CURIOUS INTEREST.

In conclusion of this volume, I deem it proper to present a few recent cases of remarkable interest, as have been developed in my own special practice. I would first observe, that my plan of treatment and the remedies I employ, partake largely of the *specific*, comprehending OXYGEN in various combinations, with other medicaments whose tendency is to recuperate the system, by enriching the blood, aerating it through the means of the lungs and the pores of the skin, and affording that electric or nervous influence which is so materially impaired in consequence of the abuse of Onanism and excessive venery. The dietetic and hygienic requirements are based on strictly scientific principles, while the moral obligations are rigidly enforced. I insist on an entire abandonment of the destructive habit of Masturbation and all other venereal excesses, and a faithful adherence to the regimen prescribed as regards daily exercise, business pursuits and pleasures, diet, clothing, temperature, etc. The medicines used are easily taken, and readily respond to the *vis medicatrix naturæ*, or the recuperative energies of the organism. In this way the various complications of disease rapidly yield, and vigorous health is finally restored, even in the most formidable cases of bodily prostration and mental disorder. Desperate cases of Spermatorrhœa usually require from six months to a year for complete eradication, while it should be remembered that there are many cases utterly beyond the power of cure. Deep-seated lesions of every kind, entailing consumption, scrofula, insanity, paralysis, etc., are seldom cured; and this being the fact, the sooner the physician is called in the better it will be for the prospec-

tive longevity and happiness of the votary of inveterate sexual passions.

PRIVATE SPECIAL CASES.

CASE OF CONSUMPTION.—J. G. B. (single), aged 25, parents healthy, applied to me in December, 1856, with a severe cough and copious expectoration, amounting to nearly one pint in twenty-four hours. He also had copious night-sweats, severe pain in the chest, and at times violent chills followed by raging fever. On examination of the lungs, I found the left one diseased from apex to base, with two large cavities, one near the apex and the other about the centre of the lung. He had all the symptoms of the last stage of Consumption. I was led from the expression of his countenance and some questions put to him, to believe that he had been addicted to Masturbation, which he frankly acknowledged was the case, the pernicious habit having been taught him by his uncle when he was about fourteen years of age. This young man was perfectly satisfied, prior to seeing me, that his direful disease had been brought about by his constant abuse of the genital organs. I informed him that I could do nothing for him, as he had delayed medical treatment too long. He died in a few weeks afterward, his friends supposing him to have been called away from time to eternity through the dispensation of a mysterious Providence, whereas it was his own perverse violation of Nature's laws, that was the special cause of his untimely decease.

It is proper here to remark, that Consumption, which is the great scourge of the civilized world, causing about two-thirds of the general mortality, is owing, directly or indirectly, to Masturbation and excessive sexual indulgence. Such unnatural excitement of the organs of generation is not confined to one sex—males and females are equally guilty of the degrading and destructive practice of self-abuse, etc. I herewith present a case in corroboration of this assertion.

CASES OF CONSUMPTION AND MARASMUS. — C. B., aged 40, called March 10th. 1857, to consult me about a child of his,

which he supposed to be afflicted with Consumption. He desired, before I saw the child, to have some conversation with me about himself. He stated that he had practiced Masturbation from the time he was a mere child, until a short time before his marriage, which occurred when 20 years old, the habit having been acquired at school. When he did not masturbate, he would have involuntary discharges at night, which he thought quite as bad. After marriage he found himself gradually becoming impotent, or having less inclination and power to consummate the sexual act, virility seeming to be almost entirely lost, when he came to consult with me concerning this venereal debility. He had four children; one lived three years, when it died—having pined away to a mere skeleton, under a disease which the doctors pronounced *marasmus*. The second child, about whom he had called to consult, was then eight years of age. His third child had died soon after its birth, from what the physician stated was a deficiency of vitality. The fourth was living, in good health, and much resembling its mother, who had never been addicted to Onanism. The first three children resembled the father, and doubtless partook of his debility through hereditary predisposition. The fourth child I succeeded in restoring to good health, after much anxious care and difficulty, in about a year's treatment of his cachetic constitution.

The chances for the recovery of children, from any general debility, are much more hopeless when both parents have been addicted to Masturbation in early life. See the plate of "*The Onanists and their Child*," for a good illustration of the effects of the abuse on parents and child.

Having many such cases as the above as a basis for a rational conclusion, I have no hesitation in saying, that if Masturbation could be entirely abolished, Consumption would be among the rarest of diseases, and as amenable to successful treatment as any of ordinary character. The constitutional weakness, called "hereditary," which is transmitted from parents to offspring, in six cases out of ten, has its foundation in Masturbation. It is entailed on the offspring, more or less

remotely retrospectively, coming down, even through a course of three or four generations, thus fulfilling the Scripture *truth*, that the "sins of the parent are visited upon the children, even to the third or fourth generation." This is especially the effect in cases of Consumption and Insanity.

Consumption, in a large majority of cases, commences in the *left* lung. Some writers say, eight cases to ten. This fact proves what has been stated, that it is the left lung that is in sympathy with the generative organs, the same as the head is in sympathy with the stomach.

Marasmus, Diseases of the Heart, Dyspepsia, Constipation of the Bowels, Epilepsy; in fact, almost every other distressing malady, including Imbecility and Insanity, may be the direct or remote consequences of sexual abuse, particularly that by Masturbation.

CASE OF MASTURBATION.—Mrs. D. E. L. called to consult me about her sister, who lived with her, and who was then in her eighth year of age. She had a troublesome cough, hemorrhage from the lungs, night sweats, and other pulmonary symptoms, together with a discharge from the labia, which she called whites or leucorrhœa. I informed the lady that I thought the child had brought on this alarming condition of the system by excessive excitation of the organs of generation, and requested her to watch and ascertain whether my supposition was correct or not. This she did. On one occasion she sent the little girl up stairs to change her dress. She staid longer than she thought was necessary. She followed her up stairs, and found the child under the highest state of excitement, her face flushed, her whole system bathed in perspiration, from titillation of the organs. The child confessed that she had practiced the secret sin for several years, her nurse having induced the habit by tickling her in order to keep her quiet. The child, after a course of suitable treatment, is now a fine, hearty young lady, about to be married, who, if her early secret habits had not been opportunely discovered, would doubtless long since have gone to her grave.

I could present numerous similar cases of disastrous conse-

quences growing out of the practice which obtains among many nurses of tickling the children under their charge in order to quiet their fretfulness, or to induce that prostration which inclines them to sleep, more than is natural or requisite. Parents, therefore, cannot be too careful in selecting persons to take charge of children.

A CASE OF SPERMATORRHŒA.—S. M., a young man of twenty-one years of age, had been a student-at-law, but was compelled to give it up. He was afterward employed in a conveyancing office, as a copyist, etc. From the many errors he made, he was soon dismissed this situation, also. He had graduated at one of the first-class colleges in the country, and entered upon the study of law in seeming fine health, and every prospect of a brilliant career, as possessed of many amiable and intellectual gifts. Prior, however, to quitting college, he had been taught the habit of Masturbation, by a fellow-student, some years older than himself, who has since died in an Insane asylum from the effects of self-abuse. Our patient had continued the vicious practice until his physical system was greatly prostrated, while he had many indications of mental aberration. His nervous system became exceedingly irritable; he had little or no appetite; the bowels were much constipated; while he had violent palpitations of the heart, a dry racking cough, and neuralgic pains through his chest and head. He was drowsy during the day, and restless at night, with marasmus, or a rapid wasting of his general organism. He informed me that he had often premeditated suicide. By a firm effort of the will he had ceased Masturbation for six months, but continued to have frequent nocturnal pollutions and discharges of semen when he micturated or went to stool. After six months treatment, I succeeded in building up this young man's constitution to nearly its normal condition, giving him thus comparative good health and a marked improvement in his mental faculties. He is now a prominent member of the Philadelphia bar, and, with ordinary prudence, will have a life full of years and honors.

I could give a large number of cases of clerks, salesmen, and

young men in all trades and professions, who were compelled to abandon business on account of impairment of intellect, as a consequence of Onanism and sexual excesses. I have treated a young man who lost three situations in one year, as salesman, in consequence of the many blunders he made in that capacity, the infirmity of intellect arising solely from his practice of self-pollution; while another man lost two situations in one year, because he was unable to keep correct accounts, as a book-keeper, from excessive Masturbation and venery. Both these young men were successfully treated, and are now holding lucrative situations in mercantile establishments in Philadelphia.

CASE OF MENTAL DERANGEMENT.—*Belief in Change of Sex.*—This species of pollution is frequently met with, as a result of Onanism. Professor Rech describes a case of this kind, which is almost identical, in general features, with one which recently came under my notice. The intellect had been impaired for a long time; finally the patient imagined himself a woman, and spent much of his time in writing amorous epistles to an imaginary lover.

This patient died of a chronic diarrhœa. The ejaculatory ducts were found atrophied and obliterated, which, as a matter of course, abolished the functions of the testes, and hence led the patient to believe himself a girl.

Perhaps in all cases where we find cerebral symptoms of long standing, there will also be found remarkable derangements of all the other functions of the body. The digestion will be performed badly; the stomach will not bear fermented drinks, spiced meats, or very nutritious food. Constipation supervenes; the intestinal tubes are greatly distended by flatus, sexual intercourse becomes more and more rare, the copulative act more rapid, and at last entirely impossible. Being constantly tormented by flatus, of which they want continually to relieve themselves, the patients shun society and its trammels; they dislike any thing which recalls pleasures they can no longer share: hence, they become melan-

cholic and irritable, misanthropic and hypochondriacal, and often hopelessly insane.

CASE OF BLENNORRHAGIA.—This was a case of diurnal pollution. H. W. was a student of medicine, twenty years of age, of lymphatic temperament, tall and thin, pale face, red hair, white, and habitually cold skin, narrow chest, and soft, feeble voice. In 1836 he contracted *Blennorrhagia*. I employ this term, because I consider the word *Gonorrhœa* a misnomer, in speaking of *Spermatorrhœa* arising from contagious urethritis. Before coming to me he had been treated by emollient drinks, general baths, and corrosive sublimate. He finally took several doses of Chopart's mixture, which arrested the discharge after it had been running four months. In September he contracted the disorder a second time after horse-exercise. There was a swelling of the left testicle, which soon was dispersed, leaving a flaccid scrotum, with painful dragging pains in the spermatic cord, which was measurably relieved by the use of a suspensory bandage. At the beginning of 1857, the discharge still continuing, local astringents and mercurial frictions were employed, with iodide of potassium and bichloride of mercury; all of which failed to arrest the discharge. While under this treatment, he was exposed to severe cold, which suppressed the cutaneous exhalations and increased the pain in the loins. Attributing this to a weakness of the stomach, he sought to stimulate the organ by a generous diet, and by the use of rhubarb and wine, which, however, only aggravated his disorder. As soon as food touched the stomach, there was a great oppression of the præcordia, difficult breathing, much lassitude, and a desire to vomit; his tongue was white and pasty, constipation was very obstinate, while he was unable to fix his attention on any subject requiring mental exertion. He forced himself to eat to gain strength, but only to increase the difficulty of his digestion. Toward the close of 1857, the cold weather increased his symptoms. He was always very chilly, and nothing seemed to give him his natural warmth. He suffered severe pains in the loins, passed urine frequently, but had difficulty in expelling the last drop, which left a viscid

matter on his shirt. He had no longer erections or sexual impulse. He often passed semen in his sleep, without lascivious dreams or turgidity of the penis, etc.

When he placed himself under my charge, in February, 1858, his state had become most deplorable. I ordered him to wear flannel next to the skin ; applied leeches to the anus, and cold lotions to the stomach ; put him through a course of tonic regimen. In a few days there was a remarkable change. His digestion was better; the pains in the loins and the lassitude entirely disappeared ; his genital organs acquired energy ; he threw aside his suspensory bandage ; the urine no longer deposited the reddish sediment, and erections reappeared. In three months his health was reëstablished, which the warmth of the last summer has proved sufficient to confirm.

The lymphatic temperament of this patient rendered him peculiarly liable to the injurious effects of cold. Hence, I ordered the constant wearing of flannel next to his skin. This will tend to preserve him from further relapses, and to permanently build up his constitution. Although he had only suffered from Blennorrhagia, he had undergone several courses of anti-venereal treatment, the effects of mercury proving very injurious to his constitution, as it was naturally little fitted to withstand its action. He fell, also, into the very common error of eating heartily in order to restore his wasting flesh. Hence, digestion was badly performed, while there was flatus, because the stomach shared the general weakness, which the recourse to rhubarb, generous wines, spices, only further aggravated. Hence, frequently arise the attacks of Chronic Gastritis, which so constantly attends old cases of Spermatorrhœa. This patient's intellectual faculties being weak, he took coffee and tea to rouse himself. At length he began to treat *symptoms*, instead of a disease ; and allowed himself to be influenced by the names given to medicines. His urine was thick, deposited sediment, and was passed with difficulty ; yet he took nitrate of potass as a diuretic, without reflecting that the tendency of this remedy is to increase the secretions, and excite the urinary organs, already too much irritated.

His bowels being constipated, he took purgatives, without reflecting on the effect which irritation of the rectum produces on the bladder, the prostate, and the seminal vesicles. These are errors of daily occurrence. The cold-water bathing produced no good effects, because his organism was already too cold and weak to obtain a proper degree of reaction after bathing. The genito-urinary mucous membrane was already too irritable not to receive a hurtful shock from immersion in cold water. Cold baths employed, without distinction, in Spermatorrhœa, have done much more harm than good. Every thing must depend upon the temperament of the organism, etc.

Were it necessary, I could fill a large volume with cases badly treated by unprincipled empirics, without education and knowledge of the peculiar disease or condition of the system which they attempted to treat. Many of these quacks treat symptoms for disease, or do not know those which arise from involuntary seminal discharges caused by mechanical means, from those excessive discharges, caused by *abuse* of the genital organs by Masturbation. Their treatment proves unsuccessful, because the *origin* of the disorder is unrecognized. Particularly are the remedies useless while the habit of self-abuse is continued. Nay, the disorder of Spermatorrhœa is very little understood by the profession generally, in this country. The patients affected by it are usually, if not always, hypochondriacal—indeed, the symptoms of hypochondriasis and mental derangement are generally by far the most marked in them—and after the usual remedies for digestive disorder and liver disease *fail*, the physician either treats his patient as a *malade imaginaire*, or leaves him a prey to the wretched balsam-selling quacks, who are unfortunately permitted to pollute every newspaper with their disgusting advertisements. The regular profession generally do not seem to be aware of the immense importance of these seminal discharges; and, by common consent, refuse to recognize a subject which they deem repugnant to delicacy. By consequence, sufferers finding themselves neglected by their ordinary medical attendants, fall into the hands of the ignorant and rapacious advertising

quacks, who thus make rapid fortunes by the sale of their horrible nostrums, and mal-practices. Many cases of gross imposition, by these charlatans, have come under my notice, which it is my intention soon to expose to the world through the medium of some popular medical or other journal.

The subject of *Spermatorrhœa* is an uninviting one—especially to the fastidious, perhaps too fastidious professional taste. That any physician should relieve himself from the investigation of a most afflicting disease, because the subject is an unpleasant one, appears to me utterly unworthy of the general character of our profession. Had similar opinions been held respecting Syphilis—a subject quite as repugnant to our rational feeling as *Spermatorrhœa*—what a fearful amount of misery would have been entailed on the human race!

Many patients are supposed to suffer from chronic gastritis or gastro-enteritis; from aneurisms near the heart, the early symptoms of phthisis, etc.; and in other cases from nervous affections, and especially from hypochondriasis. Hence we see how frequent, important, and difficult of detection are the involuntary seminal discharges, and to what deplorable errors of treatment they give rise. It is also easily seen that their causes must be very varied, and their treatment attended with considerable difficulties. Sometimes these cases give rise to distressing suspicions, and much family unhappiness, especially as they often occur in married men. The symptoms are often almost as severe as those in virulent clap or gonorrhœa, and the discharge is attended with great irritation in the neighborhood of the prostate, and frequent desire of micturition. The discharge came on, in one case of a married man who consulted me, after taking a single glass of whisky and water at night—this gentleman not being in the habit of taking spirits. The discharges in these cases are thicker than that of ordinary clap, and stick in patches on the linen.

Many members of our profession are in the habit of setting down all discharges from the urethra indiscriminately as the

result of impure connection, however positive the patient may be that such has not taken place.

The diagnosis of *Spermatorrhœa*, in aggravated or long-standing cases, is by no means easy. When frequent diurnal pollutions have deteriorated the patient's health, discharge of watery semen taking place almost every time the patient makes water, the Spermatozoa are often only distinguishable under the microscope and long-continued manipulation. Perhaps in no research connected with medical science is it more important to possess one of the best of microscopes. The eighth of an inch object-glass will be found almost indispensable in the study of these cases, although the Spermatozoa in healthy semen can be perfectly well examined with an object-glass of a quarter of an inch focal length.

It may now be proper to speak of the action of certain medicine—as astringents, purgatives, narcotics, stimulants, and diuretics—as inducing conditions from which *Spermatorrhœa* may arise.



ACTION OF CERTAIN MEDICINE.

ASTRINGENTS.

Large Doses of Bark.—Consumption is evidently attributable to the prolonged use of Bark. The straining at the stools will cause palpitations of the heart and diurnal pollutions.

Purgatives.—Irritation from spermatic contractions of the rectum may extend to the seminal vesicles, and produce just as serious diurnal pollutions as those which arise from mechanical compression of the same organs.

Ascarides, diarrhœa, etc., may excite involuntary emissions equally as well as any mechanical obstacle to defecation does. Hence drastic purgatives, by irritating the rectum, may expose the patient to the same dangers as astringents do, by bringing on constipation. Drastic purgatives, by irritating

the large intestines, produce spasmodic contractions of the rectum, and by consequence induce the pollutions. If the abuse of purgatives may bring on diarrhœa in persons not previously affected, it is evident that those previously, or at the time-being afflicted with it, will be further much injured by their use. In almost all cases of *Sperniatorrhœa*, the constipation is very obstinate. Therefore, under no pretext should the medical attendant permit the administration of any thing more active than mild laxatives in these cases. Indeed, it is very doubtful whether even the mildest laxatives can be used with impunity. In the symptoms of *hypochondriasis*, and the cerebral congestion they may manifest, purgatives are freely administered—a course of treatment, in my opinion, very erroneous indeed.

NARCOTICS.

Tobacco is said to have a very injurious influence on the genital functions. The question to be settled is, is such influence due to the action of tobacco on the cerebro-spinal system, or to its direct action on the spermatic organs? I am led to believe that pollutions occur by some special action of tobacco on the cerebellum. It is said that excessive smoking of cigars will cause a loss of the virile power. This view is not confirmed in my practice. I know one instance, at least, of a man who had scarcely ever a cigar out of his mouth, who was the father of twelve healthy children, and vigorous enough apparently to be father of a dozen more. This gentleman was very excitable and wild under the influence of alcoholic stimulants, but quiet and good-natured under the influence of ale, and the constant smoking of cigars. He however never used tobacco in any other way.

The action of tobacco on those who smoke for the first time is well known. More or less disorder of functions arises from it. The patient may become habituated to the use of tobacco without any narcotic effect on the system whatever being perceived. Others, through a nervous and excitable organization, can never accustom themselves to the habit. The use of

tobacco in excess, however, as a general rule, must prove injurious. Hence the most accomplished smokers often experience vertigo, cephalalgia, anorexia, etc., when they have remained in an atmosphere densely filled with smoke, which is then drawn into the lungs, and produce worse effects than when merely drawn into the mouth, or swallowed, as in smoking. Disorder of the digestive organs is quite common to inveterate smokers.

Cantharides.—The application of a blister will frequently contribute to increase, or develop involuntary seminal discharges; yet cantharides are frequently administered internally for the relief of impotence and to cure seminal weakness. I am inclined to believe that cantharides will increase the discharges and lead to complete impotence. The unsuccessful employment of cantharides in cases of Spermatorrhœa would prove that the disease does not arise from atony, or relaxation, but from irritation of the genital organs, whether mechanical or otherwise.

Camphor.—The action of Camphor is most advantageously employed in the treatment of Spermatorrhœa. Its effects are the very opposite to that of Cantharides. By sprinkling Camphor over blisters, the irritating action of Cantharides on the genito-urinary organs is avoided. It relieves, more than any other remedy, priapism, and great pain in the organs, induced by the administration of Cantharides. Hence it is, with good reason, considered as an anti-aphrodisiac. In moderate doses it is always useful; but if the doses are too large, there will be more or less serious and obstinate involuntary discharges.

Nitrate of Potass I regard as a dangerous remedy. It does not possess the power of quieting the genito-urinary organs, and will not remove venereal disease. Saline mixtures containing Nitrate of Potass are prescribed daily for the inflammatory symptoms of Blennorrhagia. This is a grave error. Nitrate of Potass is usually regarded as a diuretic, because it increases the flow of urine. This is precisely why its sedative powers should be doubted. By stimulating the functions

of the kidneys, it acts as an excitant or irritant. Large doses of it produces hematuria, pain, etc. It increases all inflammation of the bladder, whether acute or chronic. It is even contra-indicated in the most simple case of vesicle irritation. It acts as a stimulant of the whole urinary apparatus, producing the same effect on the spermatic organs as a consequence. A large number of my patients, who had been treated by Nitrate of Potass in some form or other, always found themselves worse afterward; but immediately got better when they placed themselves under a treatment, as anti-indicated. I have known the effects of Nitrate of Potass to remain several years. Many of my patients, before coming to me, had also observed the same bad effects from preparations of Squill; and, in fact, from all diuretics.

Ergot of Rye.—This singular production seems to act with as much energy on the genital organs of man, as on the female uterus. When the diseased grain is not carefully separated from the healthy, the bread made from the flour will cause the male to commit venereal excesses, and the woman frequently to abort. Mr. Roberts, in the *Annales de Thérapeutique*, relates a case in which the Ergot of Rye is said to have cured Spermatorrhœa, after cauterization and other means had failed. The medicine was given in two-grain doses combined with one grain of Camphor. One of these pills was taken twice a day. I attribute the beneficial effects of this pill more to the Camphor than to the Ergot. I have, however, given Ergot in some cases of Consumption, induced by Masturbation, with decided advantage, in conjunction with oxygen and a nutritious diet, and other hygienic requirements.

Coffee.—The effects of Coffee on the cerebro-spinal system is well known. Taken in moderate quantities, Coffee excites the bladder and kidneys, increases the secretion of urine, and renders its discharge more frequent. It acts in the same manner on the spermatic organs, augments the venereal desires, favors erections, and accelerates ejaculation. Taken in excess, it may so stimulate the organs as to induce Masturba-

tion, and, as a consequence, Spermatorrhœa, and finally, impotency.

I have had many cases of Spermatorrhœa, followed by an immoderate use of strong Coffee, in connection with other stimulants; but none that could be distinctly traced to Coffee alone. Almost all such cases were scientific or literary men, who wished to keep up mental activity in order to prolong their hours of study. Some of these recovered by the use of oxygen baths, regular active exercise, combined with a strict regimen. Others required various kinds of treatment. The natural sulphuretted waters were generally the most successful. Weak, delicate, and excitable persons are the most easily influenced by Coffee. They experience agitation, disordered vision, involuntary contraction in their muscles, and especially a notable increase in the secretion of urine, and in the involuntary seminal discharges. As a general rule, however, I am not inclined to believe that involuntary discharges should be attributed to a moderate use of either tea or coffee. Those persons with whom Coffee nor Tea do not agree, find no ill effects follow the use of Cocoa.

TREATMENT OF SPERMATORRHŒA.

POLLUTIONS ARISING FROM DIRECT CAUSES.

In the treatment of involuntary seminal discharges, it is important to discover their maintaining cause. It is the *actual* condition of the spermatic organ that must be altered in order to obtain a cure.

Pollutions arising from Ascarides.—The symptoms are an insupportable itching of the anus. This itching arises from the pricking produced by the tails of the worms. Ascarides always inhabit the lower bowels of the large intestine. The best and most simple remedy is injections of water at a temperature of 75° Fahr., afterward an injection of Olive Oil.

Water, at a low temperature, will stun or kill these worms; and when it is injected in sufficient quantity, so as to return in some force, large numbers will be passed alive. When the mucous membrane of the intestine has, in some degree, recovered its tone, salt-and-water injections may be used, the quantity of salt being gradually increased from one to three table-spoonfuls to the quantity of water. Too much salt would irritate. All purgative enemata destroy *Ascarides*, but irritate the mucous membrane. Oily injections are very useful. Camphorette injections have been recommended. Their action on the *Ascarides* is very prompt; but in seminal discharges, its employment is contra-indicated in my experience.

Pollutions excited by Cutaneous Eruptions are best treated by using either the natural or artificial sulphuretted waters. Care must be taken that these baths be neither too strong nor too hot. Water from 80 to 90 Fahr. is usually the proper temperature for excitable subjects. The artificial sulphuretted bath should at first contain a small proportion of sulphuret of potassium. After the natural waters have been used some time as baths, they may be taken internally, and applied as douches. Sometimes the immediate effect of sulphuretted waters is to produce a degree of excitement that increases the involuntary discharges. The final results are, however, almost sure to be favorable.

Pollutions arising from altered or increased Secretion from Sebaceous Glands.—The sebaceous matter of the prepuce and glans is abundant in quantity and remarkably acid, especially in individuals subject to cutaneous eruptions. Sometimes it may be retained by great length of the prepuce, or narrowness of the preputial orifice. Under such circumstances the irritation of the glans penis may bring on very serious nocturnal and diurnal pollutions. An operation will be necessary in such cases. Circumcision will always be found an effectual remedy.

Pollutions depending on Strictures of the Urethra.—The involuntary discharges cannot be removed without first remov-

ing the obstacles to the free discharge of urine. Bougies and catheters must be employed, either of metallic or of gutta percha, in the hands of an experienced physician.

Pollutions arising from Hemorrhoids.—They cause emissions either by exciting irritation, or by mechanically impeding defecation. Vegetable and milk diet should be used, with warm baths, cold and opiate enemata, and emollient poultices when the tumors become prolapsed and painful. Immediate relief may be obtained by puncturing the most distended tumors with a lancet; but leeches are to be decidedly reprobated, as their bites tend to increase the irritation.

Pollutions caused by Constipation.—The means employed to relieve constipation are so well known that I need not recapitulate them here.

Pollutions, caused by Relaxation and Debility, are to be treated according to the peculiar circumstances of each case. No particular rule can be laid down adapted to every case. To the general means proper to restore the strength, however, may be added such special ones as act chiefly on the genital system: such as generous wines, most of the gum resins, cinchonia bark, highly-seasoned dishes, game, etc. Galvanism and oxygen are also very advantageously employed in torpidity of the genital organs and general atony of the organism.

NERVOUS IRRITABILITY.—*Tincture of Aconite* is indicated by great nervous derangement, intense frontal headache, dryness of the mouth, coated tongue, distress in the pit of the stomach, vomiting of the ingesta, wakefulness at night, drowsiness in the day-time, nightmare, costiveness, and copious emissions every night.

Nux Vomica may be usefully employed occasionally if the patient complains of costiveness, bad taste in the mouth, soreness of the stomach, distress after eating, fullness in the pit of the stomach, etc.

Phosphorus is very useful if the nervous system is much shattered, if there be oppression of the chest, tendency to cough, pains in the chest, etc.

POLLUTIONS BY SLEEPING ON THE BACK OR BELLY.—The

weight of the head on the cerebellum, and the body on the spinal column, will cause erections and nocturnal emissions; while lying on the belly will produce a degree of warmth and friction of the organs, which will cause the pollutions. The patient should always lie on his right side, with his head to the north. He should also sleep on a hard hair or common mattress, with the rectum and bladder emptied before retiring to rest. His supper, also, should be a very light one, and taken several hours before bed-time. If this do not succeed, it will be proper to apply a sheet of lead over the loins. It can be fixed to a linen girdle and tied in front. The use of lead prevents the loins from being overheated, and thus the genital irritation is kept down, inducing refreshing sleep, and an entire exemption from the nocturnal pollutions.

In all cases the food should be nutritive, but not stimulative, with plenty of exercise in the open air.

CAUTERIZATION.—This operation is especially indicated in chronic inflammation or irritation of the urethra. Its results are usually certain when involuntary discharges follow a common clap, or non-contagious gleet. Cauterization of the glans penis is a good means of prevention of Masturbation in children. The pains caused by the caustic and sore will prevent the patient from any manipulations of the generative organs. There is scarcely a tyro in surgery who has not seen the nitrate of silver in substance applied to fungous, irritable, and bleeding ulcers, and all well know that the pain caused by the application soon ceases; that the granulations assume a more healthy aspect, and that the discharge becomes more creamy, and the sore shows a disposition to heal. It is not by destroying the fungous and bleeding surface that this improvement is effected, but by giving tone to the vessels of the part. After the operation, frequent baths must be used, with emollient enemata, abundant diluents and rest, in all cases of seminal discharges of the urethra, and in leucorrhœa and chronic vesicle catarrh. The inflammation passes off very rapidly, and in very rare cases is the abstraction of blood necessary. When cauterization does not succeed in perfecting the cure,

it invariably so alters the condition of the mucous membrane, that the means previously employed unsuccessfully may be used with every prospect of success. I refer to the natural and artificial sulphuretted water, tar water, and turpentine, especially copaiba.

CONVALESCENCE.

In recent and simple cases of involuntary seminal discharges, re-establishment takes place promptly and rapidly. All the organs successively resume their normal functions.

In severe cases, the progress from disease to health is never so simple and rapid. The constitution having been seriously weakened, much time and attention is required for its repair. Besides this, habit, which possesses considerable influence over all organs, tends unceasingly to cause a relapse in cases of *Spermatorrhœa* that have been of long duration. It is, therefore, slowly and with prudence that the patient should return to his ordinary diet and mode of life; while there are certain hygienic precautions which in some cases must be continued long after the perfect re-establishment of health.

In proportion as the energy of the digestive organs returns, more nourishing food is required. It is however best to increase the quantity of light food, with greater frequency of meals, than allow a return too soon to a heavy diet, thus disordering the digestive organs and endangering a relapse. From a vegetable diet the patient should proceed to fish and white meats, before having recourse to more stimulating food. Of course exceptions must be made, where tonic and stimulating food is required on account of the pollutions arising from atony.

During convalescence from *Spermatorrhœa*, arising from irritation, a warm and damp climate agrees best; but when the disorder arises from atony or from lymphatic constitution, a dry and pure air is required. Cold bathing and foot exercise should be taken in proportion to the return of strength, in order that the products of digestion may be as much as possible employed in the repair of the waste of the organism.

The seminal secretion is never completely arrested in man, unless after long and severe sickness. The pollutions may therefore return, provided absolute continence is persevered in. Where the patient, however, exercises much in the open air, and undergoes a course of gymnasial pursuits, perfect continence will result in an improvement of his general health, the semen secreted yielding a spirit or aroma especially vivifying to the general organism. In order that involuntary semen discharges, however, should cease entirely, it is necessary, as a general rule, that they be supplied by normal voluntary emissions. The regular exercise of the organs will best restore them to their proper energy. This is the case with all the organs of the body, and the generative are by no means an exception to the general rule. In order that the return to health may be durable, regular sexual intercourse should be established, not by intercourse with prostitutes, but by marriage. Marriage should never be contracted until there is the fullest proof of a return to perfect health. The responsibility of sacrificing the happiness of the female is to be considered seriously, as well as a possibility of a relapse occurring to the patient, from comparatively unrestrained indulgence during the first months of marriage. On this head, however, no decided rules can be laid down. Every thing must depend upon the circumstances affecting each particular case.

THE END.

